

catabolism

 (*ca-tab-o-lism*)

Definition

n. the process of breaking down complex molecules into simpler ones to release energy.

Example Sentence

A lack of protein is a sure way to destroy muscle and promote **catabolism**.

More Example Sentences

Food undergoes **catabolism** to release energy.

Synonyms

breakdown; decomposition; digestion

Antonyms

anabolism; synthesis; construction

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