

Scientific References

1) Metabolic Flexibility in Health and Disease

<https://pubmed.ncbi.nlm.nih.gov/28467922>

2) Metabolic Flexibility as an Adaptation to Energy Resources and Requirements in Health and Disease

<https://pubmed.ncbi.nlm.nih.gov/29697773>

3) Metabolic flexibility

<https://pubmed.ncbi.nlm.nih.gov/15294056>