They say we take away staff time to create product sales—somebody has to order the product, match it to an invoice, put it on the shelf, take it off the shelf, count it, and dispense it.

This system also involves the electron transport chain, which simply uses blood glucose, glycogen, and fat as fuels to resynthesize ATP in the mitochondria of muscle cells.

"Discussions with him, out of respect for him and what he meant to our organization," Amaro said.

OK I take back some of what I said.