MCT transport	LDH metabolism	PDH metabolism	Glycolysis	Mitoch. shuttle
$v_{max,MCT}$ = 0.29mM/s (1)	$v_{max,LDH}^{forward}$ = 469mM/s (7)	k_{cat} = 0.077/s (8)	$v_{max,glyco}$ = 0.041mM/s	$k_{shuttle}$ = 300/s
L_e = 1.2mM (1)	$v_{max,LDH}^{reverse}$ = 2035 mM/s (7)	PDH_{tot} = 0.9mM	Glc = 1mM (10)	
$H_i = 10^{-4.0}$mM (1)	K_{ia} = 0.154mM (5)	$v_{max,PDH} = k_{cat}\ PDH_{tot}$	$K_{Glc,glyco}$ = 0.05mM (9)	
$H_e = 10^{-4.3}$mM (1)	K_{iq} = 0.001mM (5)	$K_{P,PDH}$ = 0.01mM (8)	$K_{NAD+,glyco}$ = 0.03mM	
$K_{Hie} = 0.7\ H_e$ (1)	K_{mA} = 0.000014mM (5)			
	K_{mQ} = 0.0018mM (5)			
	K_{ib} = 3892mM (5)			
	K_{ip} = 0.0625mM (5)			
	K_{mB} = 1.28mM (5)			
	K_{mP} = 0.093mM (5)			

For the references, refer to the bibliography in Text S1.