

Stem Cells

Biology

The potency levels, and what each can become.

From most to least versatile.

Type	Can become
Totipotent	Any cell, including placenta
Pluripotent	Any body cell, not placenta
Multipotent	A limited range within a lineage
Unipotent	One cell type only
iPSC	Adult cells reprogrammed to pluripotent

Induced pluripotent stem cells sidestep the embryo debate by reprogramming adult cells, and won the 2012 Nobel Prize.