

Title:

Are Glyconutrients Right For You?

Word Count:

497

Summary:

Glyconutrients are part of the carbohydrate family. They are a collection of 8 saccharides. Th

There are 8 necessary saccharides needed by our bodies

- Mannose
- Glucose
- Galactose
- Xylose
- Fucose (not fructose)
- N-acetylglucosamine
- N-acetylneuramic acid
- N-acetylgalactosamine

These elements form the building blocks for glycoforms. Which serve as coverings for the body?

Keywords:

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Article Body:

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Mannose: is the main saccharide and the others are attached to it. Mannose plays a major role

Glucose: is the most commonly known of the group. Table sugar is made up of this and other sac

Galactose: Is usually found in combination with glucose in a saccharide known as lactose which

Xylose: is a carbohydrate with antibacterial and antifungal properties. Some manufacturers use

Fucose: is found in human breast milk and some types of mushrooms. Research has shown fuctos t

N-acetylglucosamine: also helps the immune system. It produces Glucosamine, used in cartilage.

N-acetylneuramic acid: is used in the learning process and brain development. It helps with ma

N-acetylgalactosamine: is another ingredient in breast milk. Research is still being done on t

These Glyconutrients are found in some fruits and vegetables. Unfortunately due to soil deplet

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