

Fractured By Fructose

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Summary:

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Fructose - Wikipedia Fructose, or fruit sugar, is a simple ketonic monosaccharide found in many plants, where it is often bonded to glucose to form the disaccharide sucrose. It is one of the three dietary monosaccharides, along with glucose and galactose, that are absorbed directly into blood during digestion. Fructose was discovered by French chemist Augustin-Pierre Dubrunfaut in 1847. Sucrose vs Glucose vs Fructose: What's the Difference? Disaccharides are made up of two, linked monosaccharides and broken back down into the latter during digestion. Sucrose is a disaccharide consisting of one glucose and one fructose molecule, or. What is Fructose and Is it Bad for You? - Health Ambition Fructose is a sweet-tasting substance which naturally occurs in fruits, some vegetables, honey and other plants. It is also referred to as "fruit sugar". Although it has a similar chemical formula to glucose, glucose is a molecule vital for life, whereas fructose is not. Sucrose, standard table.

Glucose & Fructose Metabolism | Healthy Eating | SF Gate Glucose and fructose are simple sugars that have the same chemical formula with a different structural arrangement of the atoms. Glucose is a source of energy for all of your tissues, and can be stored by the body for energy upon demand.