

Fractured By Fructose

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## Summary:

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All About Fructose | Precision Nutrition Fructose is a monosaccharide, the simplest form of carbohydrate. As the name implies, mono (one) saccharides (sugar) contain only one sugar group; thus, they canâ€™t be broken down any further. Each subtype of carbohydrate has different effects in the body depending on the structure and source (i.e. 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. Fructose Vs. Sucrose | Healthy Eating | SF Gate Fructose. Fructose is called fruit sugar because of its presence in fruits. Fructose is a monosaccharide, meaning it is a single sugar molecule consisting of six carbon atoms, six oxygen atoms and 12 hydrogen atoms.

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.

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