



## Summary of Principal Dietary Carbohydrates



People who do not eat dairy products may be deficient in galactose, since the body manufactures galactose from the lactose in dairy products. The remaining six sugars used to make cellular words must either be synthesized by the body through the process described above or obtained from dietary supplements.

Glyconutritionals are dietary supplements designed to provide substrates for the body to use in building the glyco portion of glycoproteins on cell surfaces. Glyconutritionals are designed to make the necessary sugars available to the cells quicker and in greater quantity.



Since 1997, over three million people around the world have safely experienced the benefits of Mannatech's Ambrotose products. These products have been validated in peer-reviewed pre-clinical and clinical published research, including six gold-standard double-blind, placebo controlled trials.<sup>†</sup> These studies indicate that Ambrotose products do not increase glucose levels in the blood (5) and they support cellular communication by impacting glycoprotein synthesis (6). Ambrotose powders can improve immune system health (7-8), improve cognitive function (5,9-12) and support gastrointestinal health and overall well-being (12).\*

### REFERENCES

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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