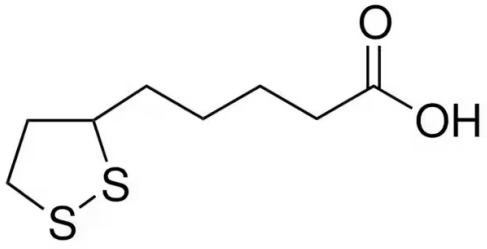
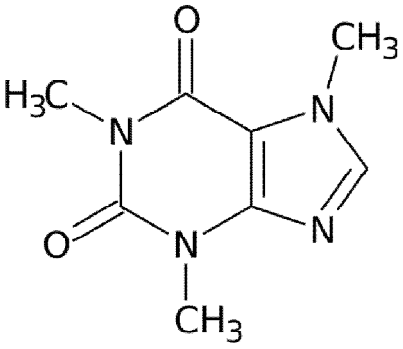
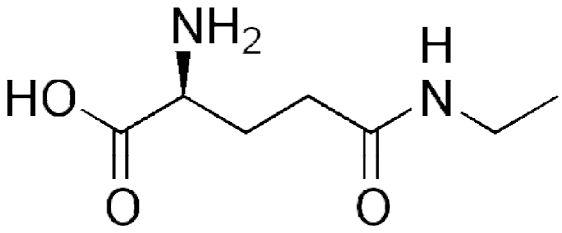


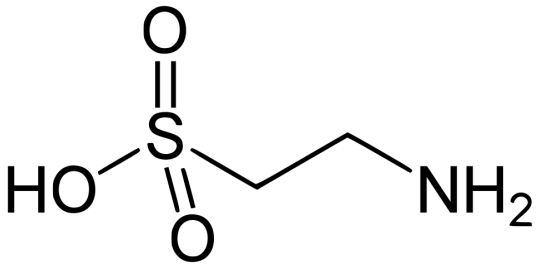
acido alfa lipoico



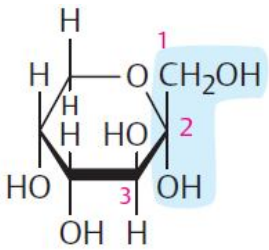
Caffeina



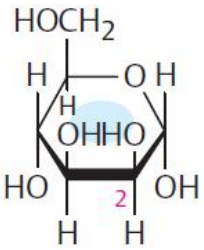
Teanina



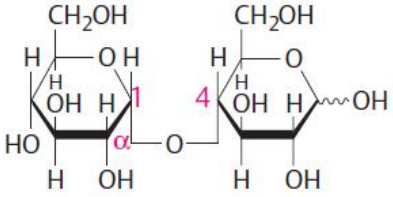
Taurina



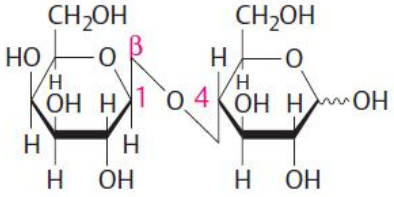
D-Fructose



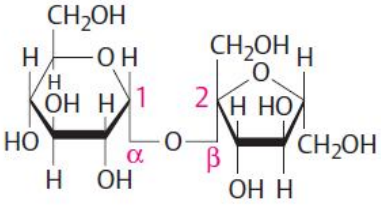
α-D-Mannose



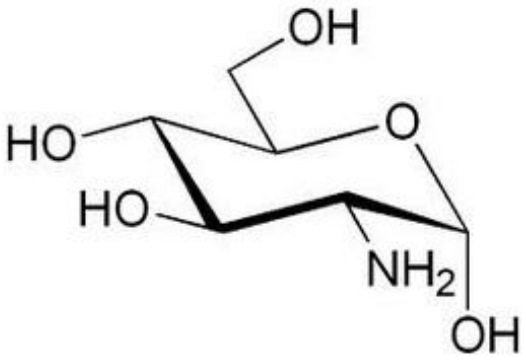
1. Maltose
α-D-Glucopyranosyl-
(1→4)-D-glucopyranose



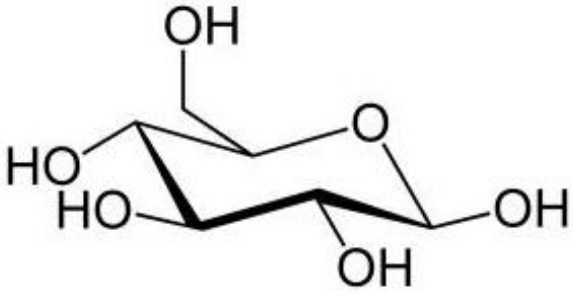
2. Lactose
β-D-Galactopyranosyl-
(1→4)-D-glucopyranose



3. Sucrose
α-D-Glucopyranosyl-
(1↔2)-β-D-fructofuranoside



Glucosamine

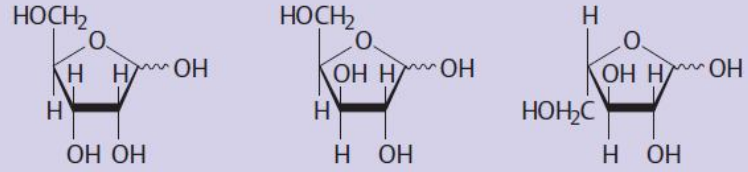


Glucose (Sugar molecule)

A. Important monosaccharides

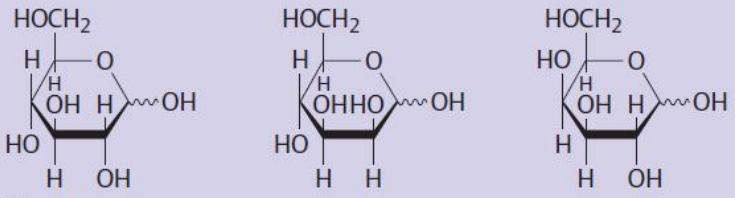
① Aldoses

D-Ribose (Rib) | D-Xylose (Xyl) | L-Arabinose (Ara)



Pentoses

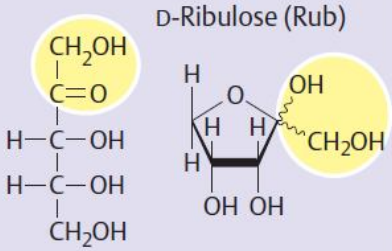
D-Glucose (Glc) | D-Mannose (Man) | D-Galactose (Gal)



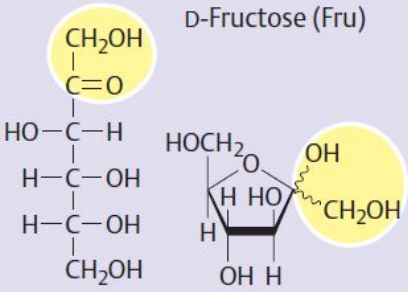
Hexoses

② Ketoses

D-Ribulose (Rub)

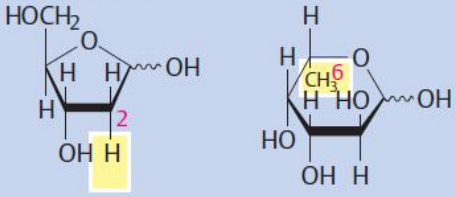


D-Fructose (Fru)



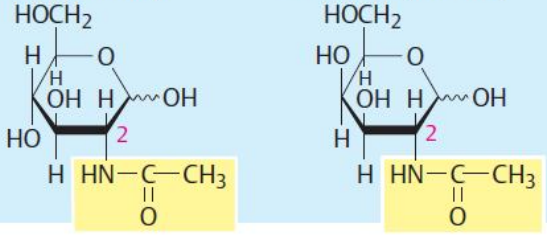
③ Deoxyaldoses

2-Deoxy-D-ribose (dRib) | L-Fucose (Fuc)



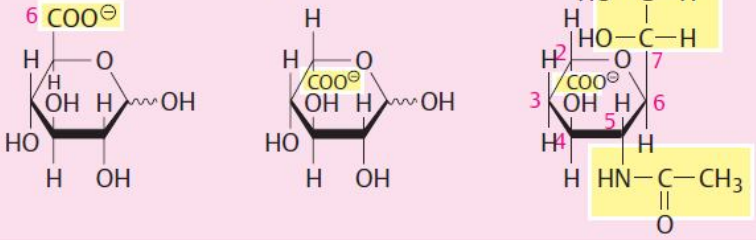
④ Acetylated amino sugars

N-Acetyl-D-glucosamine (GlcNAc) | *N*-Acetyl-D-galactosamine (GalNAc)



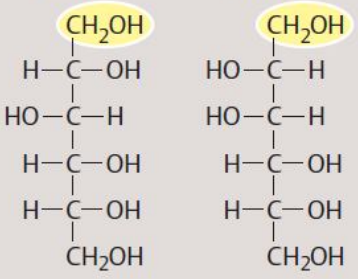
⑤ Acidic monosaccharides

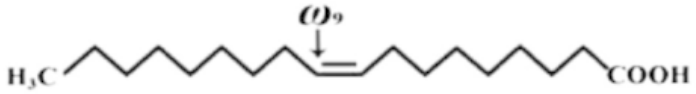
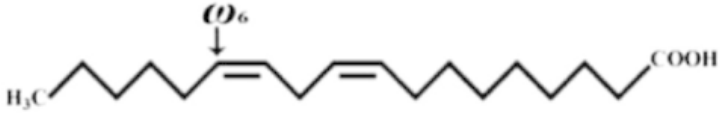
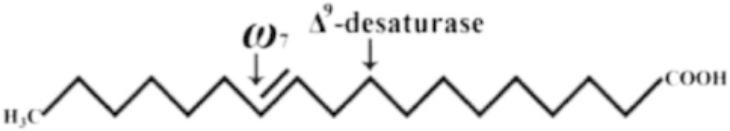
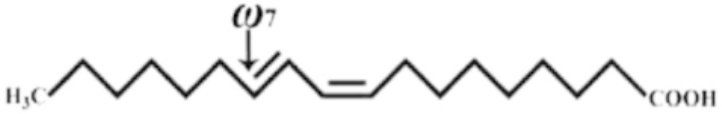
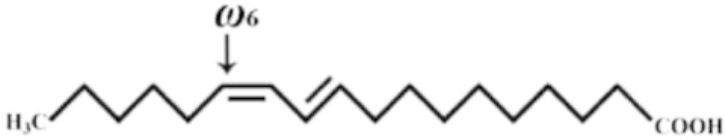
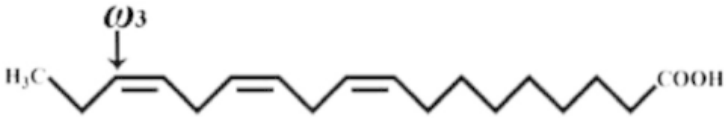
D-Glucuronic acid (GlcUA) | L-Iduronic acid (IduUA) | *N*-Acetylneuraminic acid (NeuAc)

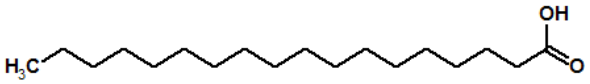
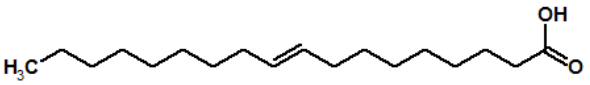
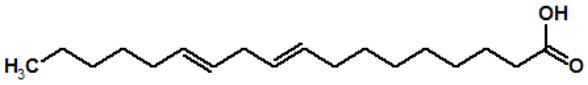
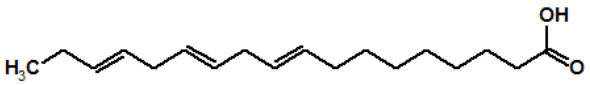
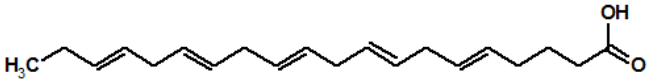
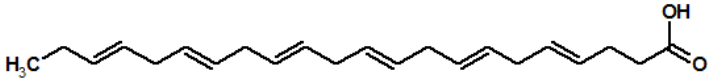


⑥ Sugar alcohols (alditoles)

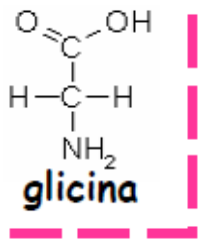
D-Sorbitol | D-Mannitol



Common/ Trivial name	*ω/n* position (numbering from $-CH_3$ end)	Structure	Systemic name (numbering from -COOH end)
Oleic acid (OA)	*ω*-9		(*cis*-9)-octadecenoic acid
Linoleic acid (LA)	*ω*-6		(*cis*-9,*cis*-12)-octadecadienoic acid
Vaccenic acid (VA)	*ω*-7		(*trans*-11)-octadecenoic acid
9-CLA (Rumenic acid)	*ω*-7		(*cis*-9,*trans*-11)-octadecadienoic acid
10-CLA	*ω*-6		(*trans*-10,*cis*-12)-octadecadienoic acid
α-linolenic acid (ALA)	*ω*-3		(all *cis*-9,12,15)-octadecatrienoic acid
Stearic acid (SA)	-		Octadecanoic acid

Stearic 18:0		Saturated 18:0
Oleic 18:1, ω-9		Monoene 18:0 Δ9
Linoleic 18:2, ω-6		Polyene 18:2 Δ9, 12
Linolenic 18:3, ω-3		Polyene 18:3 Δ9, 12, 15
EPA 20:5, ω-3		Polyene 18:5 Δ5, 8, 11, 14, 17
DHA 22:6, ω-3		Polyene 18:6 Δ4, 7, 10, 13, 16, 19

AMINOACIDI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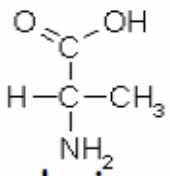
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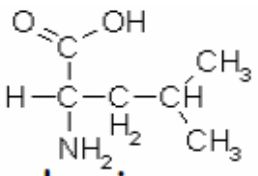
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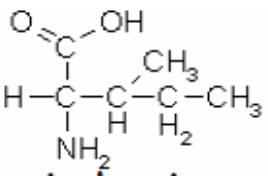
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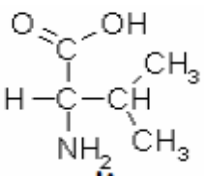
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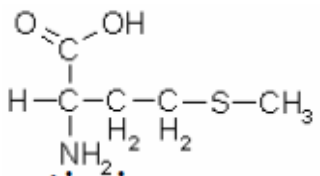
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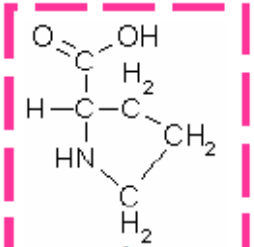
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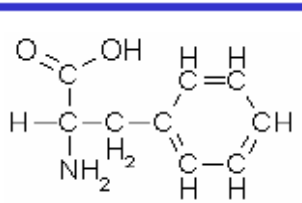
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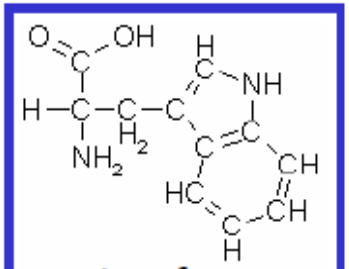
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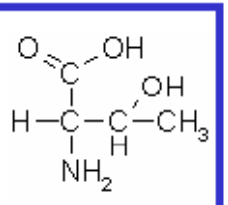
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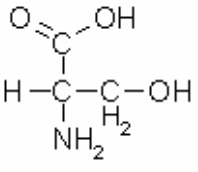
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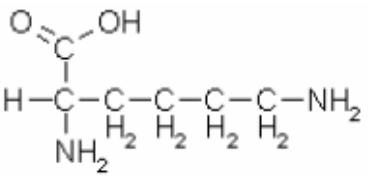
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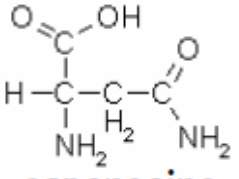
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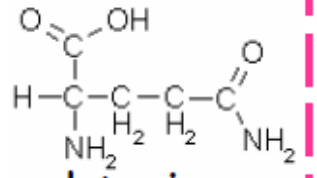
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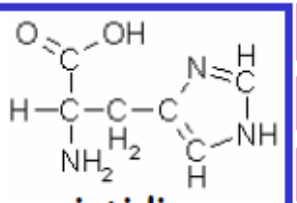
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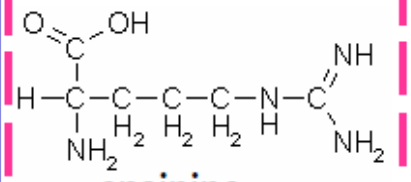
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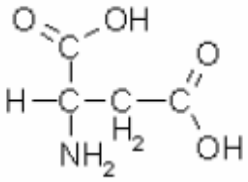
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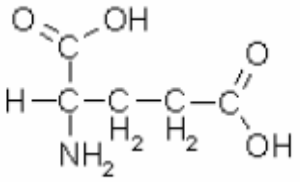
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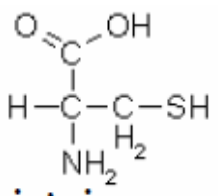
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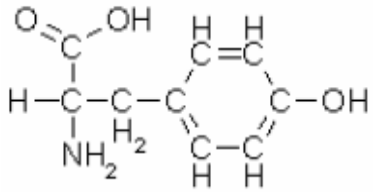
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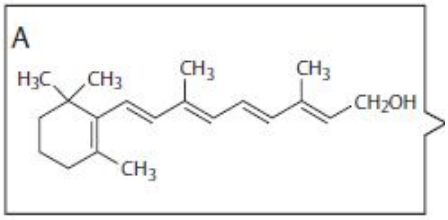
Vitamine

A



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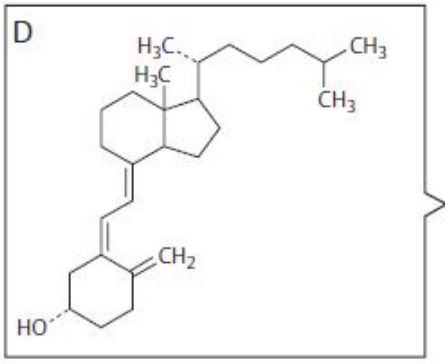
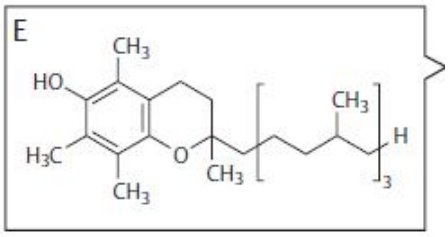
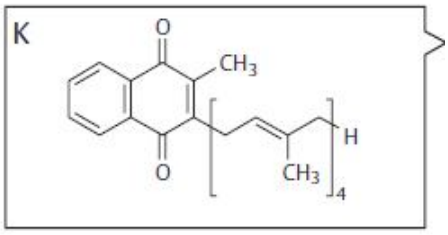
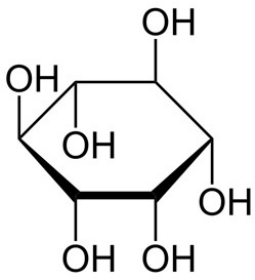


E



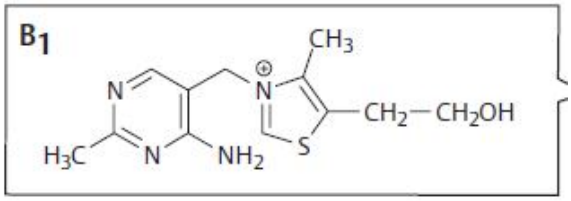
K



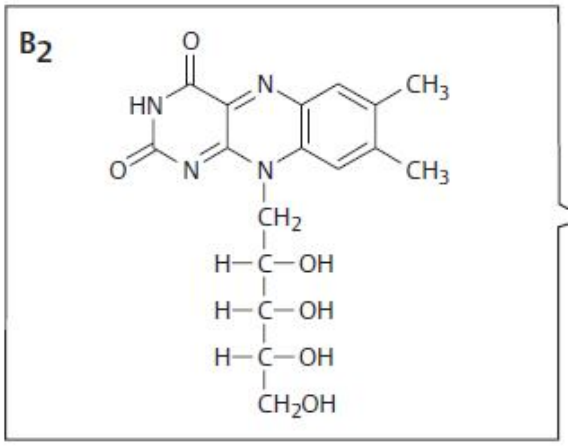


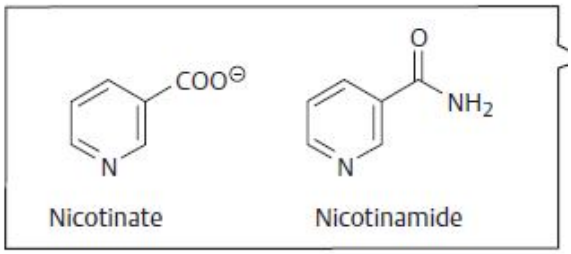
Inositolo

B_1

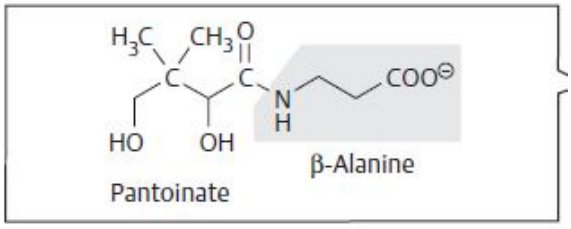


B_2

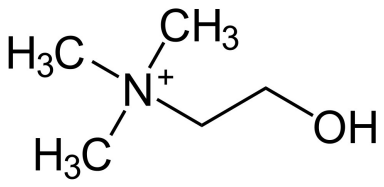




Nicotinate Nicotinamide



Pantoinate β-Alanine

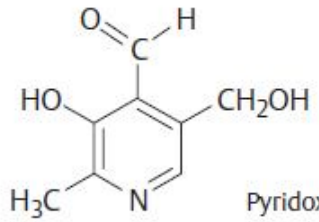


colina

Vitamine

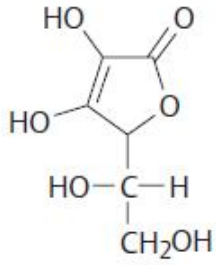
* Adult daily requirement

B_6



Pyridoxal

C



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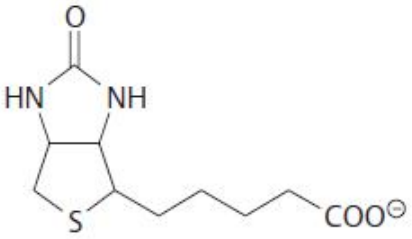
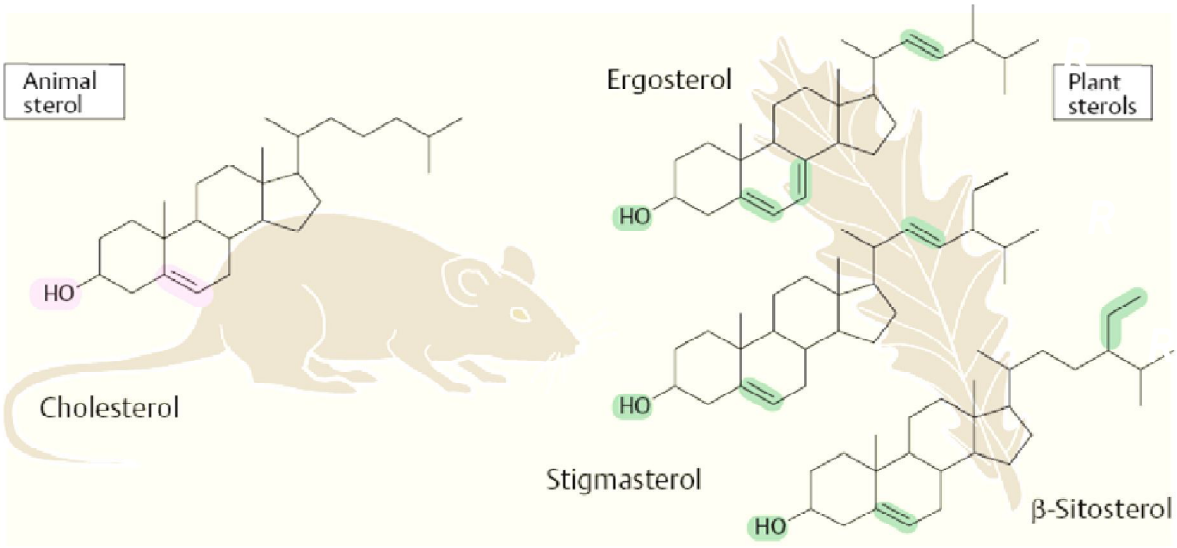
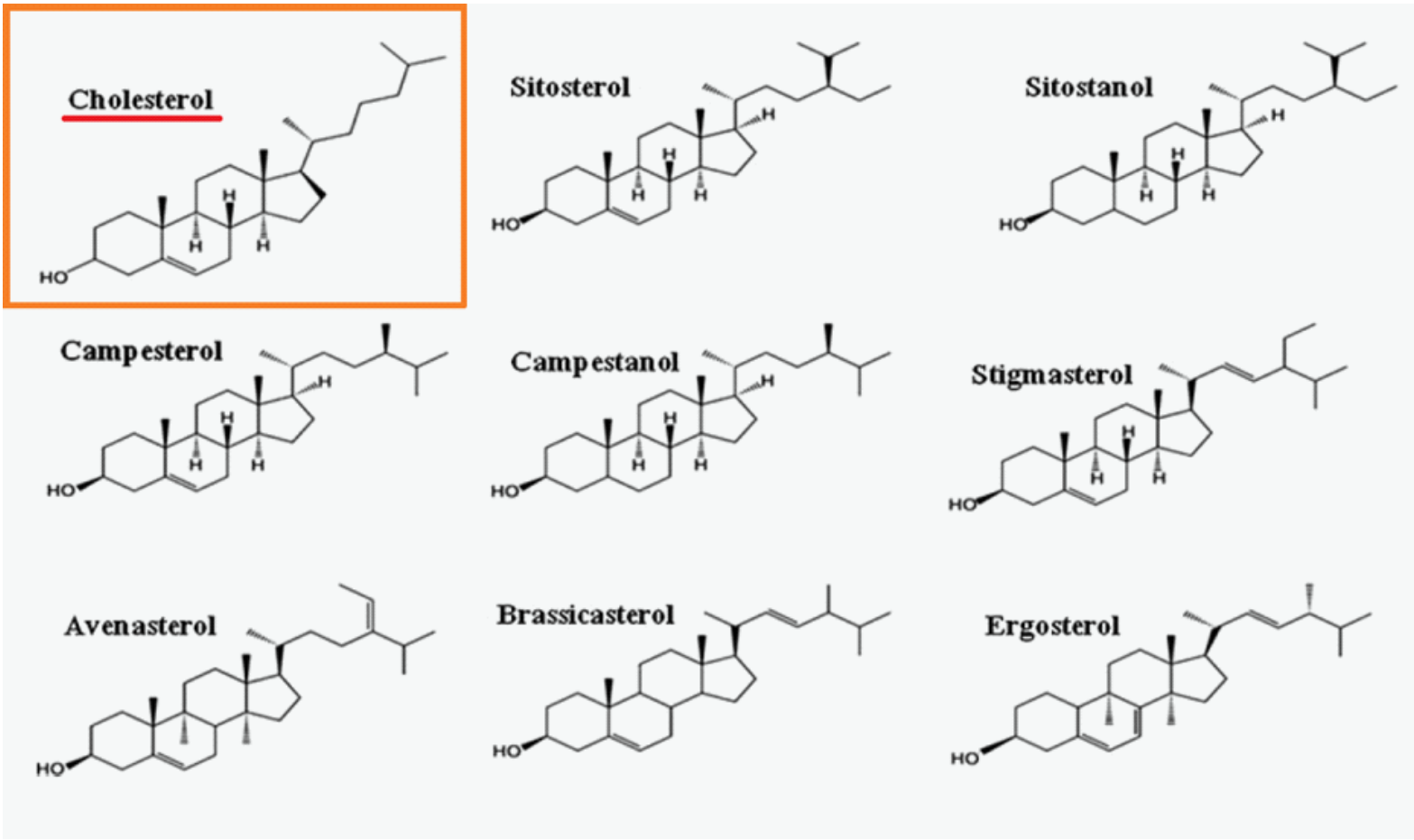
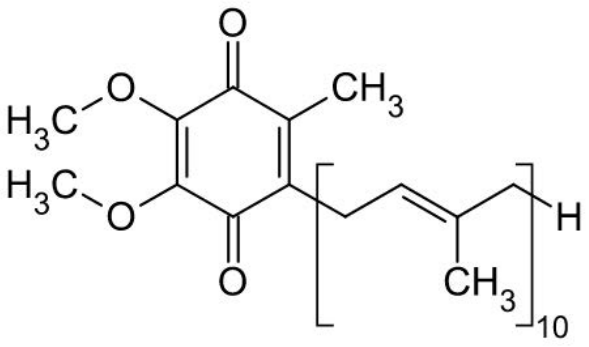
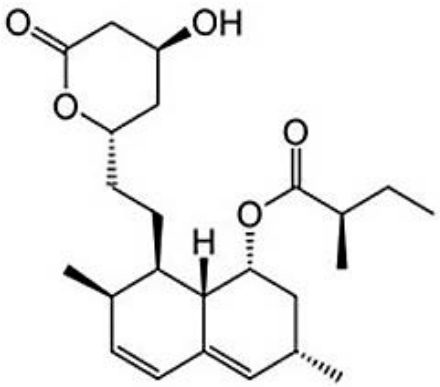



Animal sterol
HO
Cholesterol
Ergosterol
Plant sterols
HO
HO
Stigmasterol
HO
β-Sitosterol

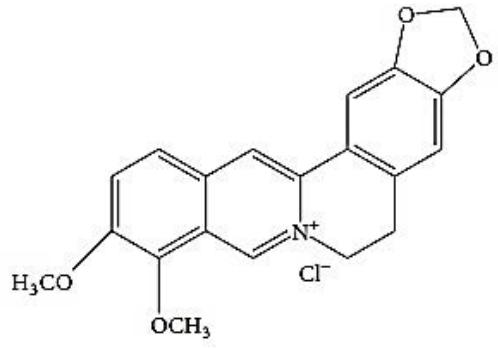

Cholesterol
HO
Sitosterol
HO
Sitostanol
HO
Campesterol
HO
Campestanol
HO
Stigmasterol
HO
Avenasterol
HO
Brassicasterol
HO
Ergosterol
HO



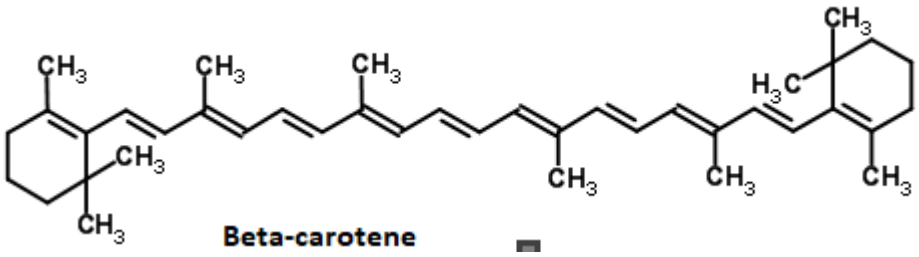
COENZIMA Q

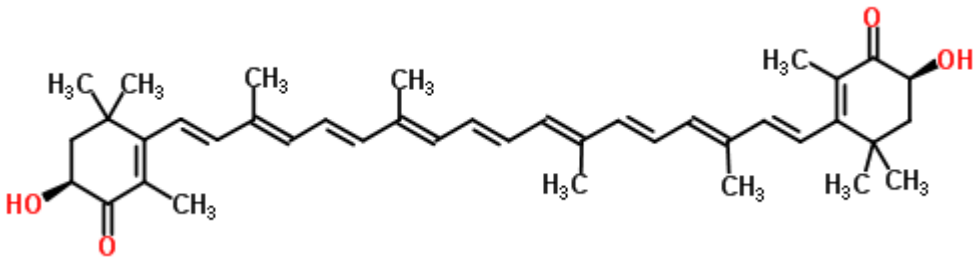


MONACOLINA K

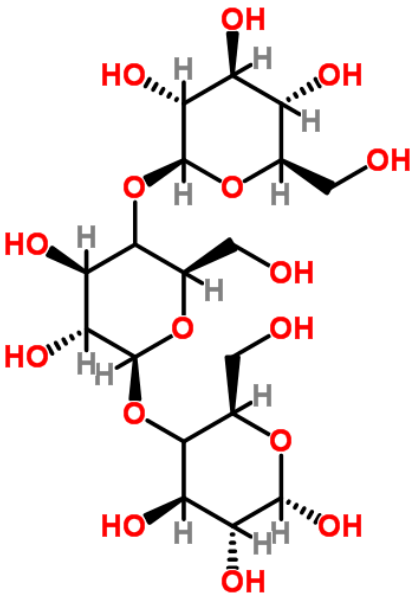


BERBERINA

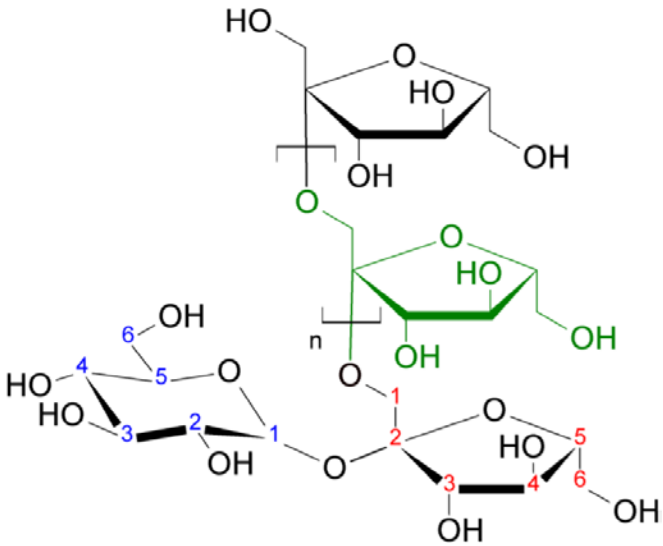




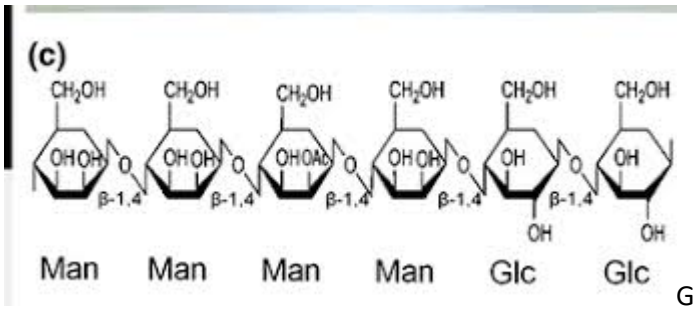
ASTAXANTINA



BETAGLUCANO

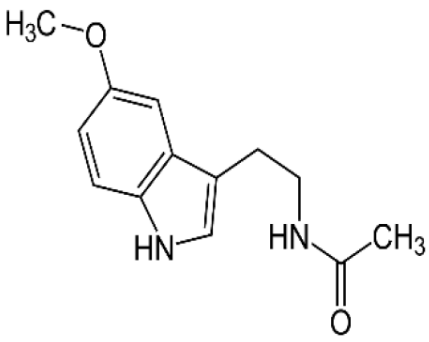


INULINA

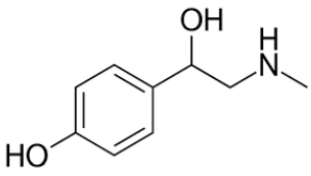


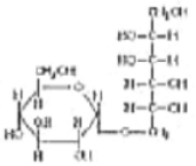
GLUCOMANNANo

MELATONINA

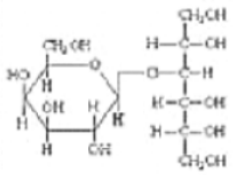


SINEFRINA

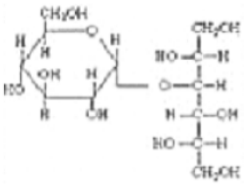




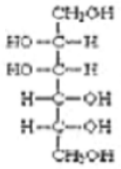
Isomalt E953



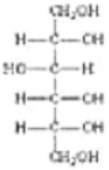
Lactitol E966



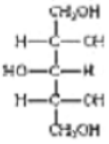
Maltitol E965



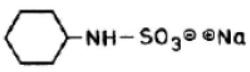
Mannitol E421



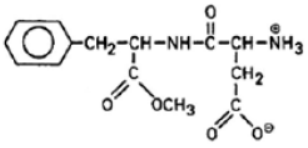
Sorbitol E420



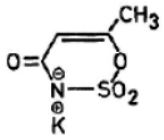
Xylitol E967



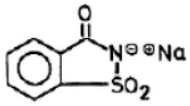
Sodium cyclamate (E952)



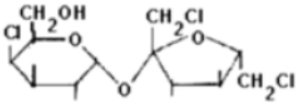
Aspartame (E951)



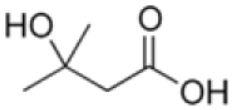
Acesulfame K (E950)



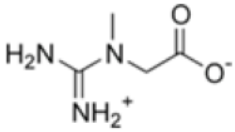
Saccharin sodium salt (E954)



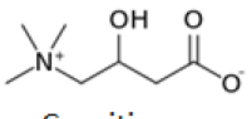
Sucralose (E955)



HMB



Creatina



Carnitina