

Common Nutrients and their common usage. Cheat Sheet by berkshiregarage (bershiregatage) via cheatography.com/33029/cs/10266/

VITAMINS

Vitamin B1 Thiamine

B1Allithiamine contains a fat-soluble form of thiamine and is found naturally in garlic.

AMINO ACIDS

L-Tryosine

{{ac}} L-Tyrosine

Pre-biotics

Today, only bifidogenic, non-digestible oligosaccharides (particularly inulin, its hydrolysis product oligofructose, and (trans)galactooligosaccharides), fulfill all the criteria for prebiotic classification. They are dietary fibers with a well-established positive impact on the intestinal microflora.



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