

AMYGDALINE

Meaning: Amygdaline is a cyanogenic glycoside compound found in the seeds of certain fruits, including almonds, that can release cyanide when metabolized.

1. Amygdaline is a compound found in the seeds of some fruits, such as almonds.
2. The presence of amygdaline in certain foods has sparked debates about its safety.
3. Researchers are studying the potential medicinal properties of amygdaline.
4. Amygdaline can break down into cyanide when metabolized in the body.
5. Some alternative medicine practitioners promote amygdaline as a cancer treatment.
6. The use of amygdaline in dietary supplements raises concerns among health professionals.
7. Amygdaline occurs naturally in various plants, particularly in their kernels.
8. The controversial nature of amygdaline has made it a topic of discussion in nutrition circles.
9. Histories of amygdaline use often highlight both its risks and benefits.
10. Despite its risks, amygdaline has a fascinating role in botanical chemistry.

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