

TRISACCHARIDE

Meaning: A trisaccharide is a carbohydrate made up of three monosaccharide units bonded together.

1. A trisaccharide is a carbohydrate composed of three monosaccharide units linked together.
2. In the study of nutrition, trisaccharides can be found in certain plant-based foods and fibers.
3. Lactulose, a synthetic trisaccharide, is often used to treat constipation due to its unique properties.
4. The digestion of trisaccharides requires specific enzymes that break down the bonds between the sugar units.
5. Researchers are exploring the role of trisaccharides in maintaining gut health and supporting beneficial bacteria.

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