

Scientific References

1) Effect of L-Arabinose on Blood Glucose Level after Ingestion of Sucrose-containing Food in Human

https://www.jstage.jst.go.jp/article/jsnfs1983/53/6/53_6_243/_article

2) Protective effects of L-arabinose in high-carbohydrate, high-fat diet-induced metabolic syndrome in rats

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4676841/>

3) Physiology, Glucose Transporter Type 4

<https://www.ncbi.nlm.nih.gov/books/NBK537322/>

4) Tissue-specific Ablation of the GLUT4 Glucose Transporter or the Insulin Receptor Challenges Assumptions about Insulin Action and Glucose Homeostasis

<https://www.jbc.org/action/showPdf?pii=S0021-9258%2820%2983660-6>