



PATIENT & CAREGIVER EDUCATION

Glyconutrients

This information describes the common uses of Glyconutrients, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Glyconutrients have not been shown to treat cancer in humans.

Glyconutrients are a group of sugars extracted from plants and thought to be essential for the body by helping cell-to-cell communication. These products have been marketed to cancer patients under the brand name Ambrotose through network marketing approaches. While some of the constituents have been studied for their anticancer effects, there is no evidence that glyconutrient

products are effective as a cancer treatment in humans.

What are the potential uses and benefits?

- **Antitumor properties**
No scientific evidence supports this use.
- **Health maintenance**
There are no data to back this claim.
- **Immunostimulant**
There is no scientific evidence to support this use.
- **Increase brain activity**
One small company-sponsored trial showed that glyconutrients can increase brain wave activities, but the clinical effect is unclear.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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