

**Eat an every day portion of 18,5 Gram Fructose with your every day portion Multi Vitamin.**

If you eat no fruit & because of that you swallow Multi Vitamin, you must next to you 24 hours Every Daily Portion Multi Vitamin: "The Fruit Sugar: "Fructose"." (With the daily amount of Fructose 18,5 Gram or some more)

Because The Holy Book: "Binas," explain 8 different type of sugars but 7 out of the 8 sugars are further explained as: "Glucose," and this has there function in a Human body but a totally different function has the Sugar: "Fructose."

Source code: Binas

