FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE

(empirical cutoff value – non-product related, non-medical assessments)

DEUTENOMICS OF FOOD

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LÁSZLÓ G. BOROS

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We can work when ATPase is at work.

Deuterium content of nutrients determines the same of matrix water, produced by mitochondrial nanomotor related proton influx and oxygen, upon complete substrate oxidation in the Krebs-Szent-Györgyi cycle.

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Nutrient deutenomics – is the basics of ATPase functions, mitochondrial health and quality of life.

Nutrients profoundly influence mitochondrial ATPase functions and thus health as the prime source of deuterium during life.

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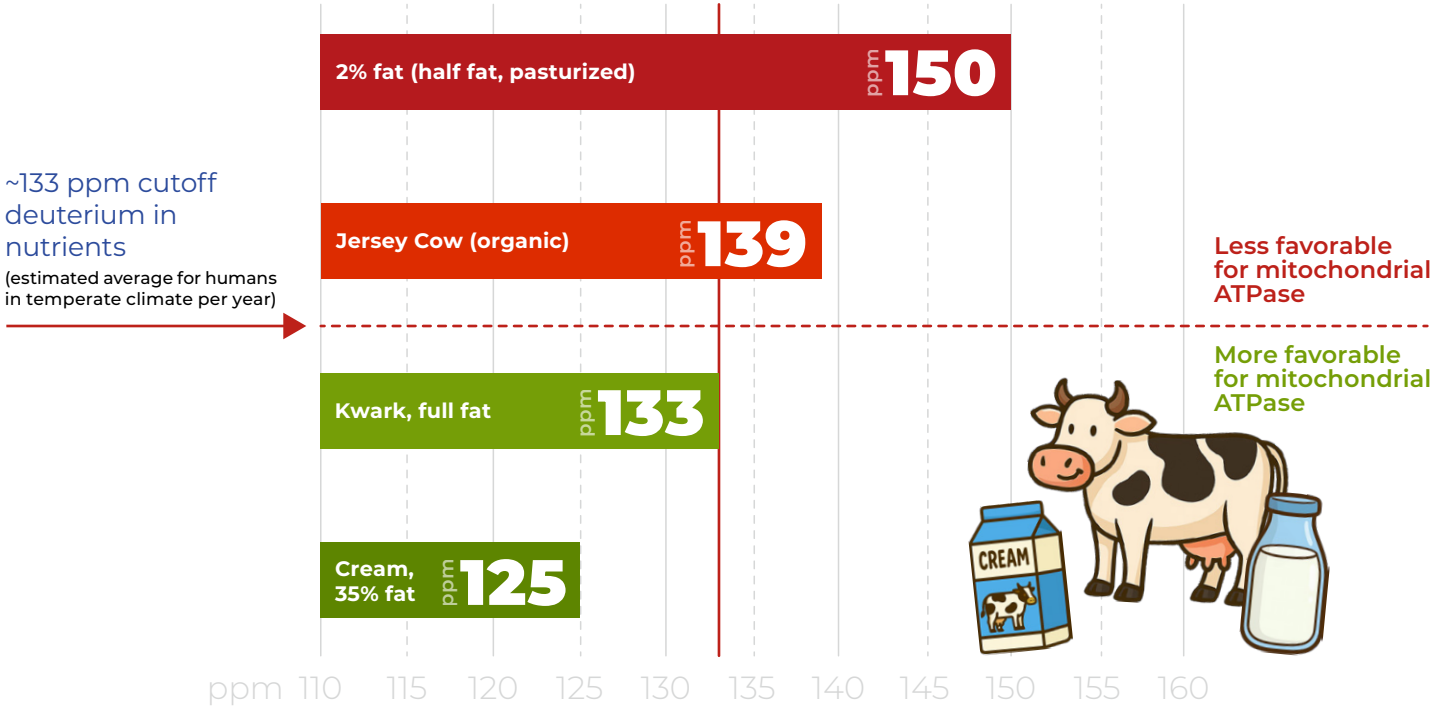
Deuterium content comparison

IN COW MILK RELATED DAIRY



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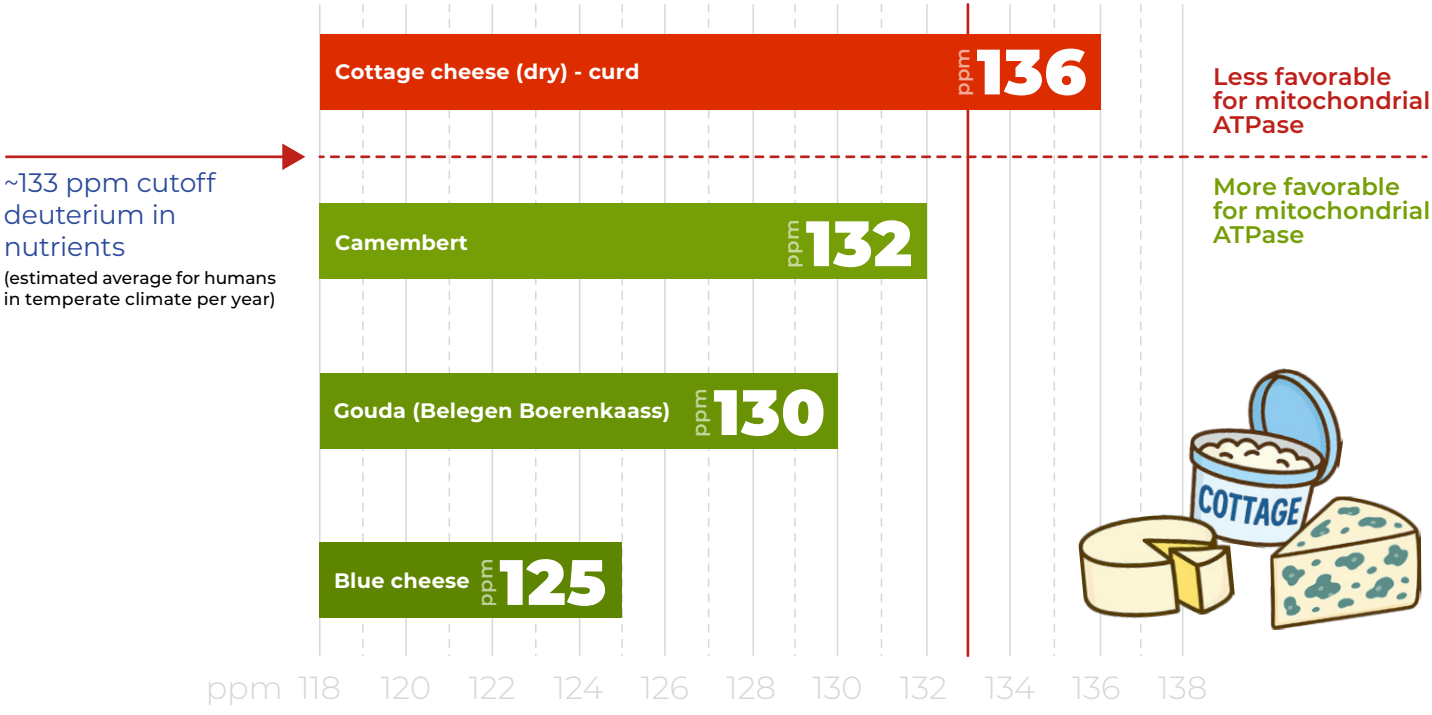
Deuterium content comparison

IN CHEESES



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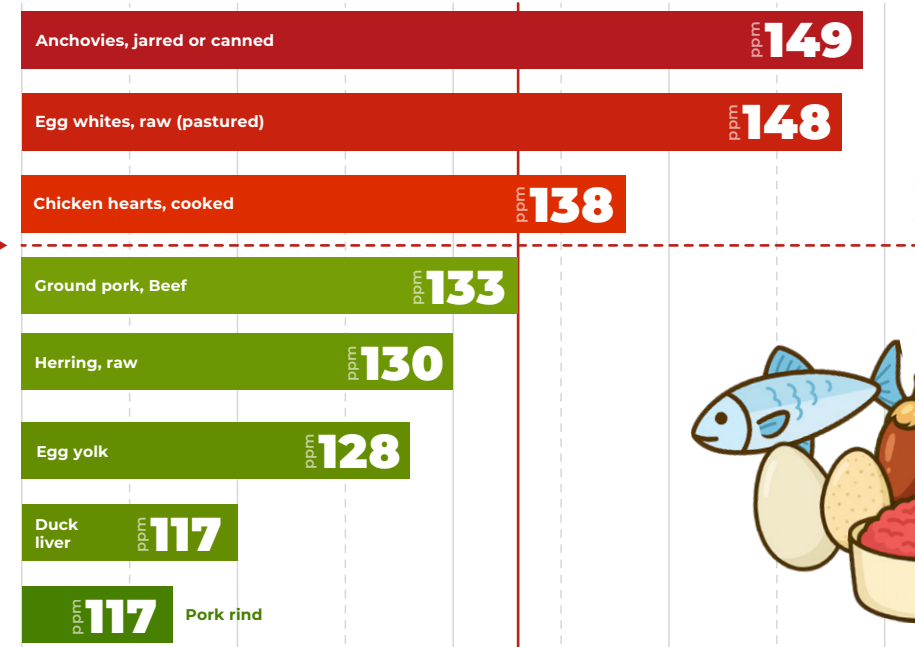
Deuterium content comparison
IN ANIMAL PROTEINS

~133 ppm cutoff deuterium in nutrients

(estimated average for humans in temperate climate per year)



Less favorable for mitochondrial ATPase

More favorable for mitochondrial ATPase

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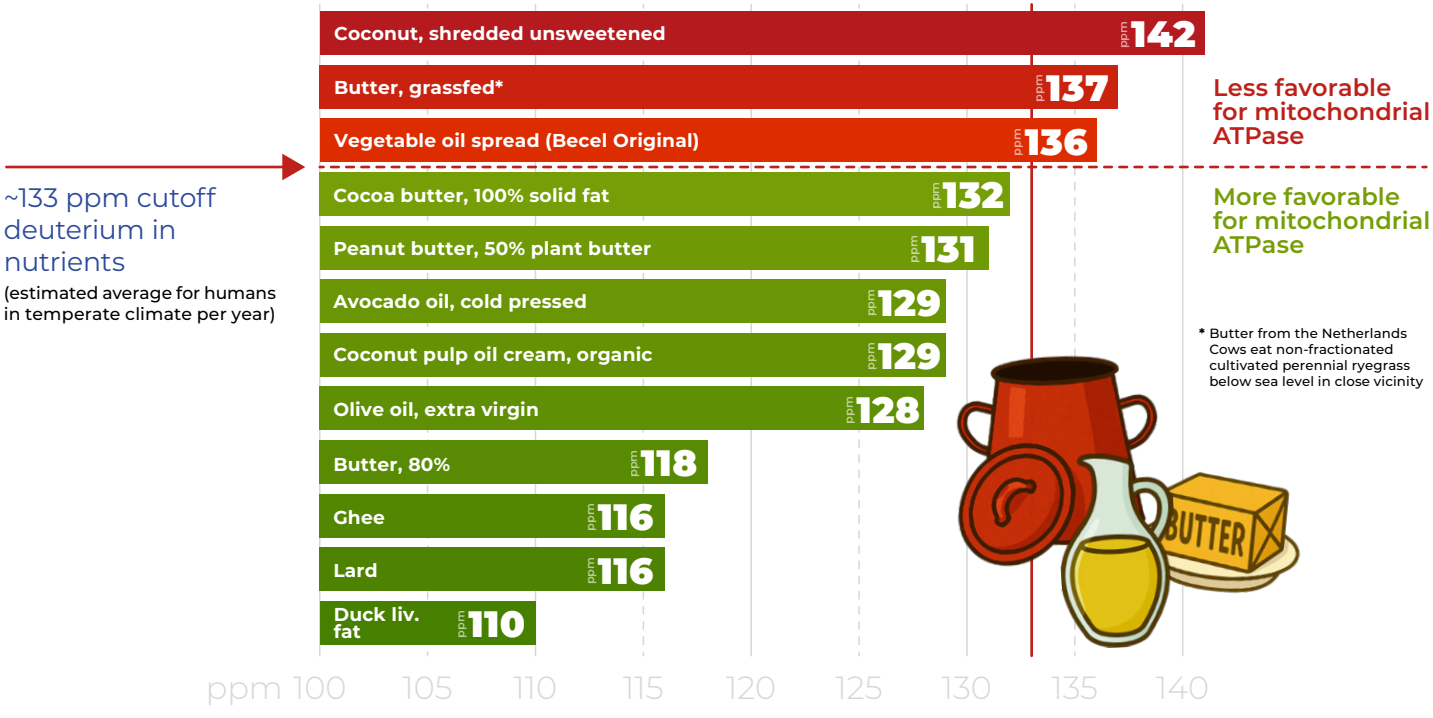
Deuterium content comparison

IN ANIMAL & PLANT: FAT & OIL SOURCE



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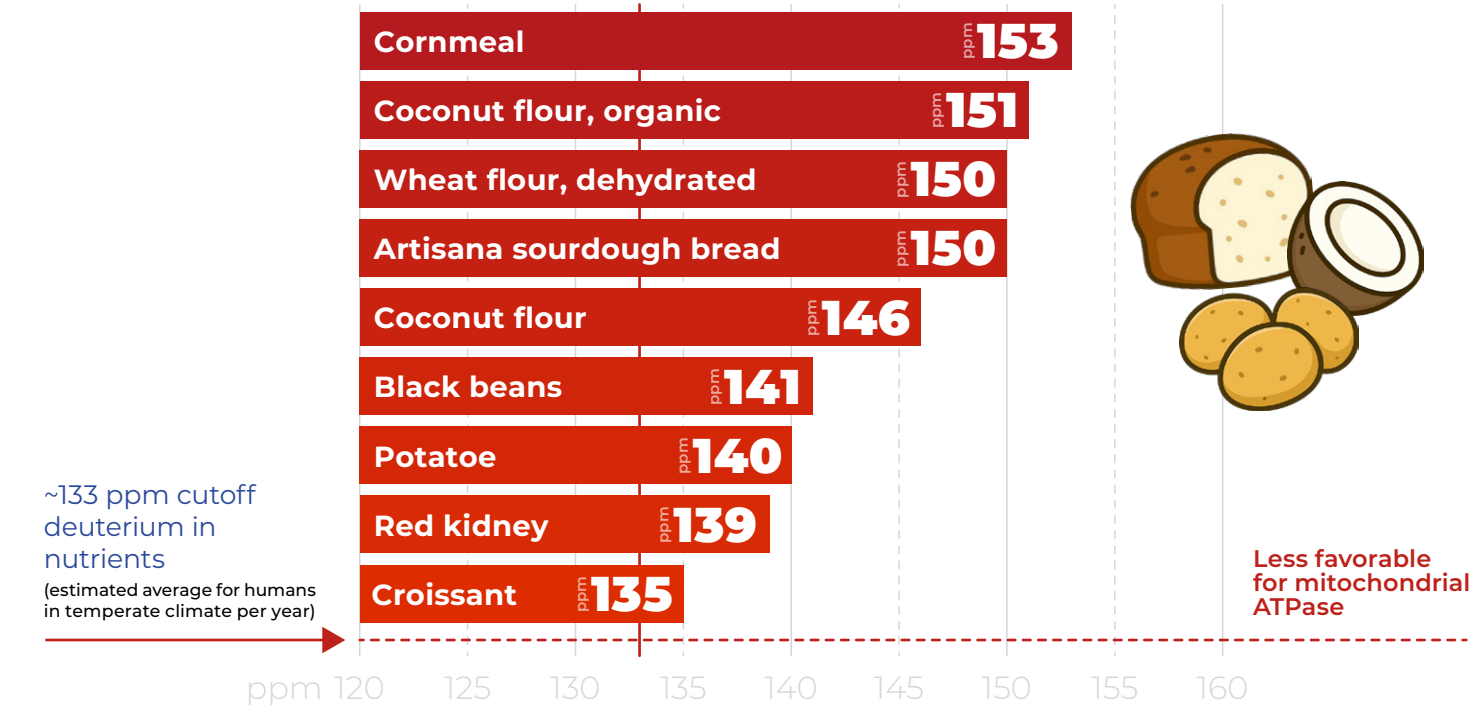
Deuterium content comparison

IN CARBS



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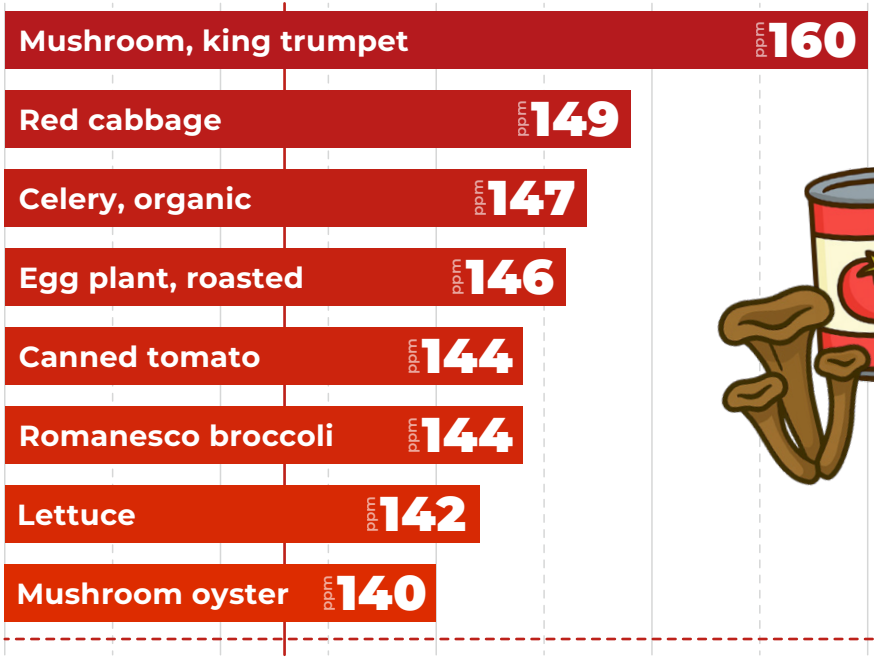
Deuterium content comparison IN VEGETABLES



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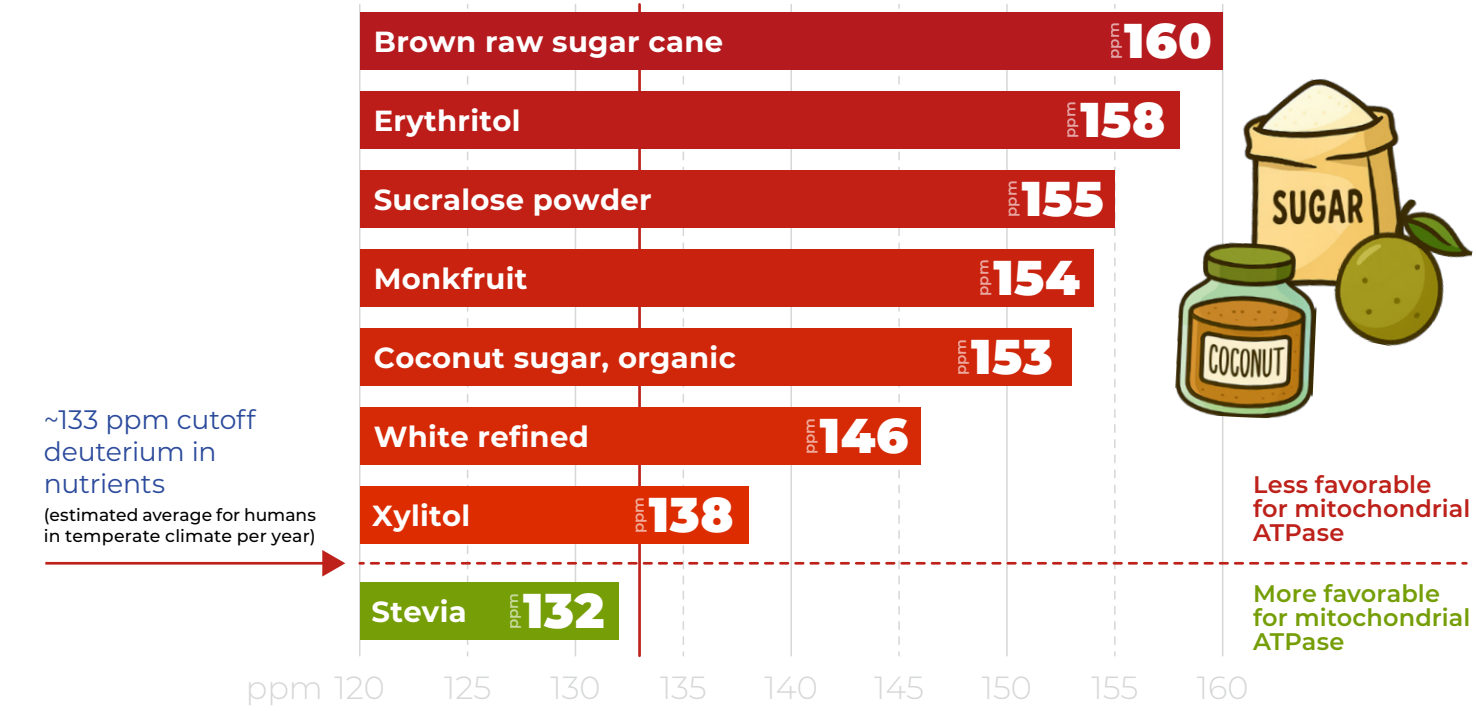
Deuterium content comparison

IN SUGARS



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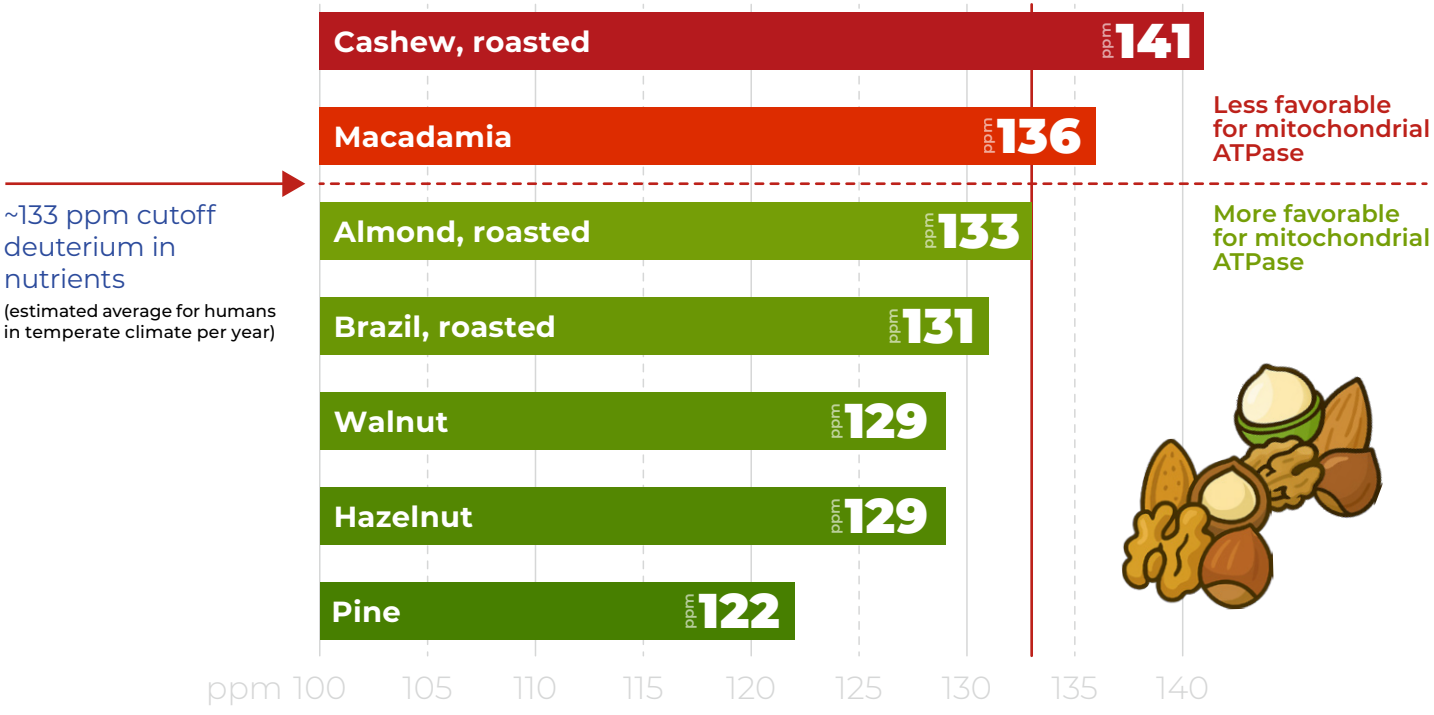
Deuterium content comparison

IN NUTS



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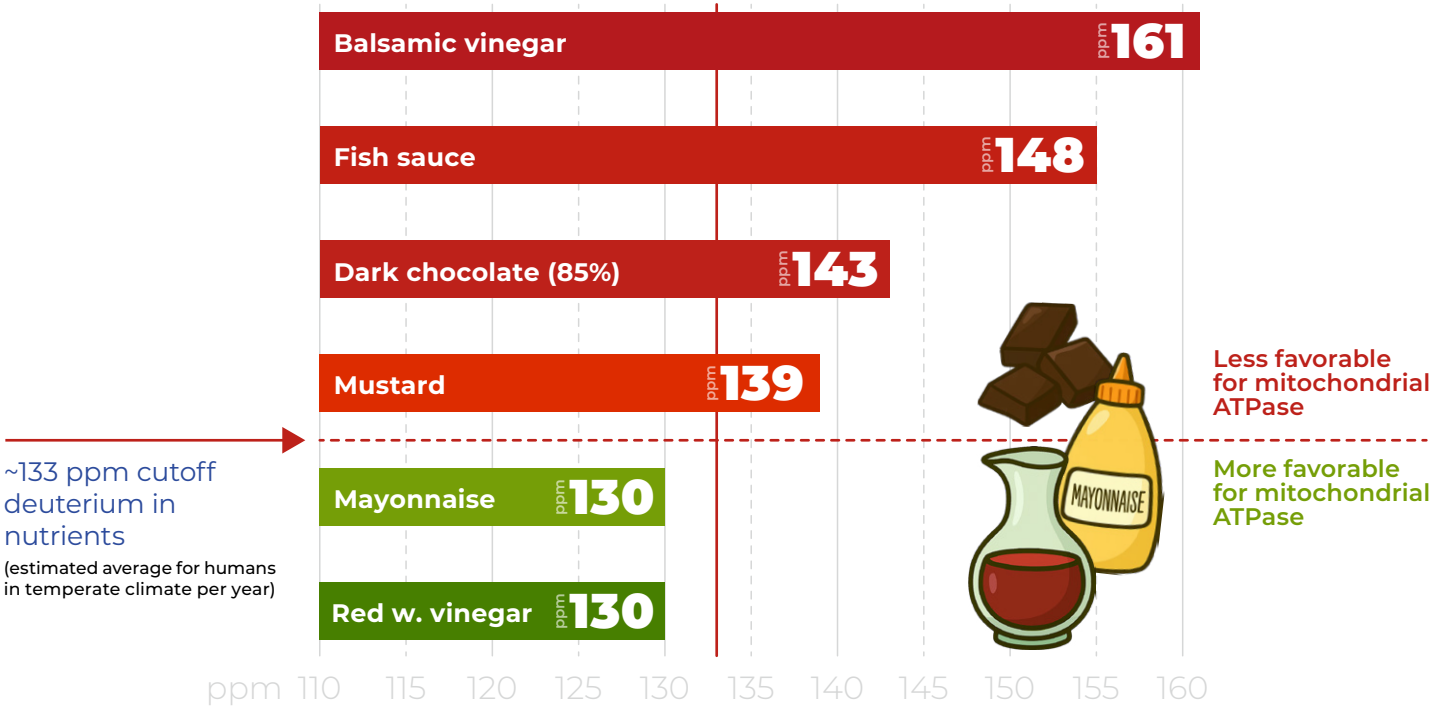
Deuterium content comparison IN CONDIMENTS



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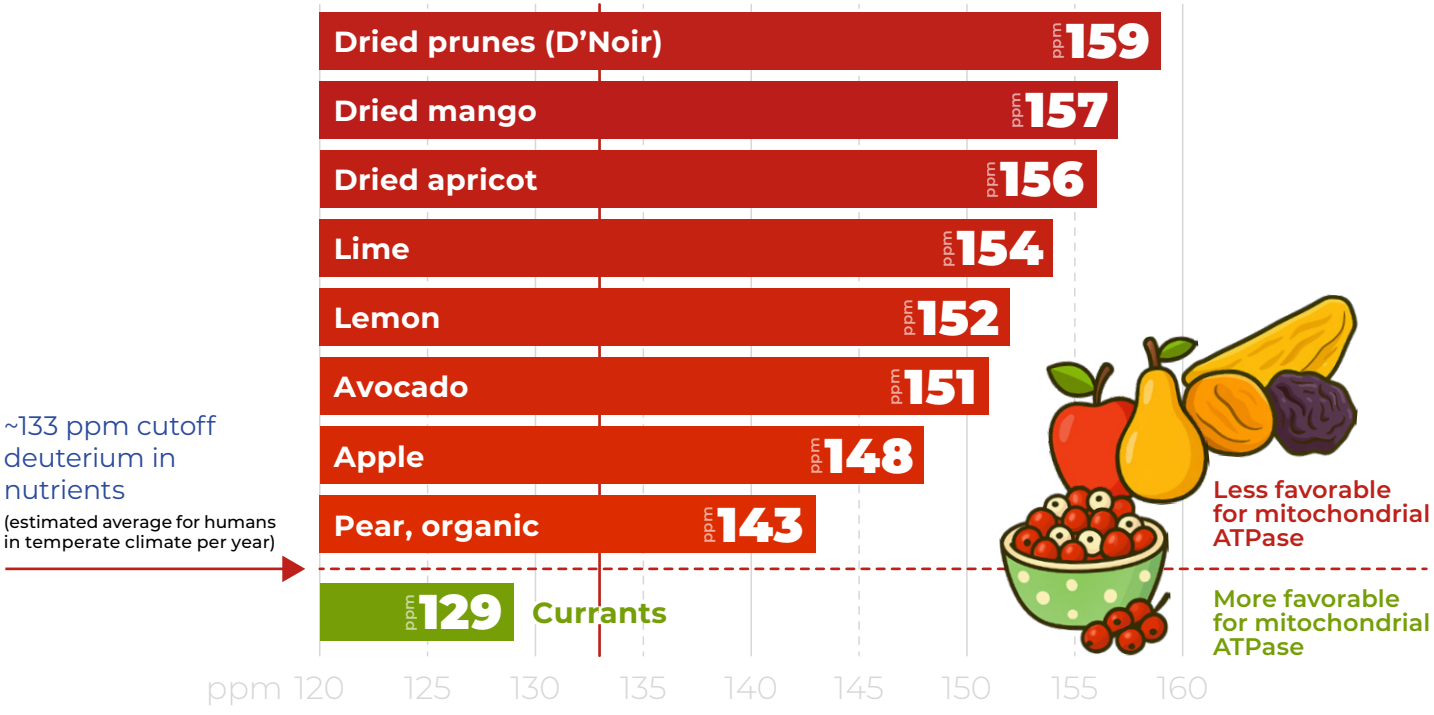
Deuterium content comparison

IN FRUITS: RAW & DRIED



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Deuterium content comparison
IN BEVERAGES

Monster Energy, green	165 ppm : SD±9
Wine, Montes Alba Malbec	164 ppm
AA High Energy	158 ppm
Coca-Cola Energy	155 ppm
Tap water (RO, spring)*	154 ppm
Coke, regular	154 ppm
Red Bull	148 ppm
Tap water	146 ppm (RO, autumn)*

* Tap water purified by reverse osmosis. Source: Uilenstede, Netherlands.

~133 ppm cutoff deuterium in nutrients
(estimated average for humans in temperate climate per year)

Less favorable for mitochondrial ATPase

ppm 130 135 140 145 150 155 160 165 170

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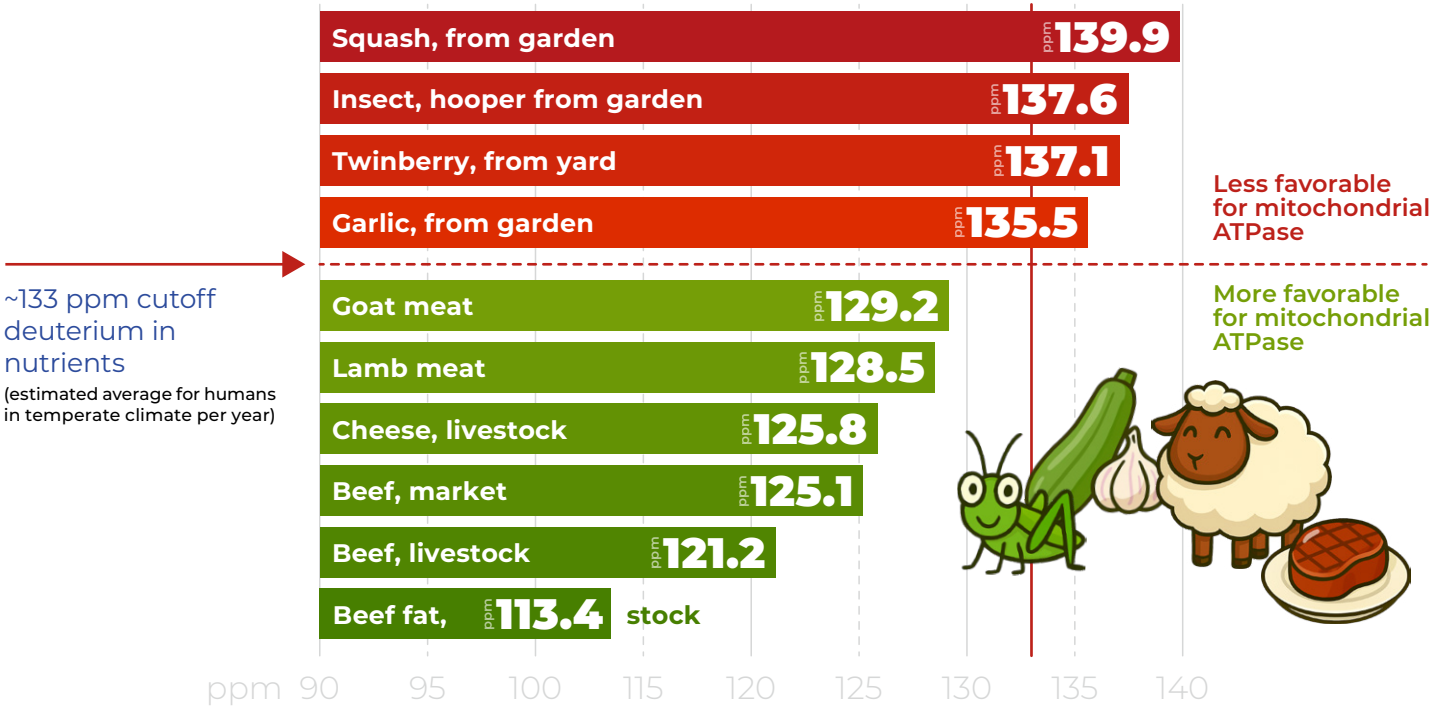
Deuterium content comparison

IN A BRITISH COLUMBIA LIVING HABITAT (CANADA)



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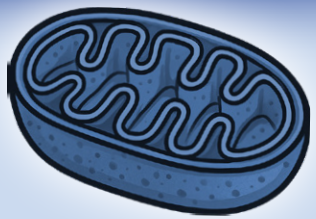

TAKEHOME MESSAGE

Yearly average of deuterium intake, adjusted to geographical location, anthropological and microbiome related assessments, lifestyle and age may provide important guidelines to prevent and treat chronic diseases.

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METHODS

Food and nutrient samples were selected and prepared by Sophia Dorfsman and Petra Davelaar, ND for deutenomics measurements, which were performed by James C. Lech at the Department of Physics and Astronomy, Physics of Living Systems, Vrije University Amsterdam, The Netherlands. (jameslech@gmail.com)

Dr. Anthony Chaffee: Deuterium Content Comparison in a British Columbia Living Habitat (Canada).

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V.260113

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