

Galactose (/ɡəˈlæktʊs/, galacto- + -ose, “milk sugar”), sometimes abbreviated Gal, is a **monosaccharide** sugar that is about as sweet as glucose, and about 65% as sweet as **sucrose**.

It is an aldohexose and a C-4 epimer of glucose.

A galactose molecule linked with a glucose molecule forms a lactose molecule.

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