Table. *Permeability constants of different lipid bimolecular membranes to different sugars and a related polyol*

Membrane lipids	Permeants	Permeability constants [a] ($10^{-10} \times$ cm/sec)
Phosphatidyl choline	D-glucose	2.51 ± 1.22 (8)
Phosphatidyl ethanolamine	D-glucose	2.23 ± 0.32 (6)
Sphingomyelin	D-glucose	1.35 ± 0.34 (6)
Cholesterol	D-glucose	0.62 ± 0.21 (6)
Total lipids	D-glucose	2.35 ± 1.31 (24)
Total lipids	2-deoxy-D-glucose	16.1 ± 5.23 (6)
Total lipids	3-0-methyl-D-glucose	11.2 ± 3.46 (7)
Total lipids	D-mannose	2.63 ± 1.56 (6)
Total lipids	D-ribose	8.94 ± 3.95 (4)
Total lipids	D-fructose	0.38 ± 0.15 (5)
Total lipids	D-mannitol	0.44 ± 0.13 (5)

[a] Mean $\pm$ SEM (no. of exp.).