

## Sorbitol

**1 lb**

Item Catalog Number: 25050

Sorbitol, originally derived from the mountain sorberry, is a naturally occurring sweetener found primarily in fruits and berries. Sorbitol is manufactured from glucose, but is only 50-75% as sweet as regular sugar.

Because it is absorbed and metabolized slowly, sorbitol has little effect on blood sugar levels. This product may therefore be useful in replacing regular sugar in recipes for low sugar diets. Use in making jams, canned fruits, homemade candies, etc.

### Supplement Facts

Serving Size 1 tsp (4 g)

Servings Per Container 114

#### Amount Per Serving

|                    |      |
|--------------------|------|
| Calories           | 15   |
| Calories from fat  | 0    |
| Total fat          | 0 g  |
| Total Carbohydrate | 4 g  |
| Sugars             | 4 g  |
| Sodium             | 0 mg |
| Protein            | 0 g  |

Other ingredients: none.

Contains traces of milk and soy.

### Dosage and Use

- Sorbitol can be used in place of table sugar in drinks, cooking, and recipes.

### Caution

If abdominal cramps, gas, or diarrhea occur, reduce consumption or discontinue use. Sorbitol is safe for people, but harmful to dogs. Do not feed to pets.

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