

Stevia Extract

1 gram, 100 packets

Item Catalog Number: 00432

Stevia Extract (stevioside) is an extract of *Stevia rebaudiana*, a small plant native to Paraguay and Brazil, which was first identified in 1887. Stevioside is 250 times sweeter than table sugar¹⁰⁸⁻¹⁰⁹ and results of short and long-term studies have shown it to be a safe supplement for the human diet.¹¹⁰⁻¹¹⁴

Stevia Extract has been shown to promote healthy blood sugar levels in those already within normal levels and may be useful as a potential source of natural antioxidants. ^{115-117*}

References

Supplement Facts

Serving Size 1 packet

Servings Per Container 100

Amount Per Serving

Calories	0
Calories from fat	0
Sodium	0 g
Total Carbohydrate	1 g
Sugar	<1 g
Protein	0 g

Other ingredients: rice maltodextrin, *Stevia rebaudiana* extract (stevioside), silica.

Contains no soy, yeast, wheat, milk, synthetics, artificial colors, flavors, or preservatives.

Dosage and Use

- Since stevia is 250 times as sweet as sucrose (table sugar), only minute quantities of this product are needed. Stevia may be used in baking and cooking.
- Attention diabetics: stevia extract does not affect blood sugar levels.

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