

Stevia Extract

1 oz powder

Item Catalog Number: 00481

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 1/32 teaspoon (28 mg)

Servings Per Container 1000

Amount Per Serving

Stevia extract powder (<i>Stevia rebaudiana</i>) (leaf)	28 mg
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Dosage and Use

- Since Stevia is 250 times as sweet as sucrose (table sugar), only minute quantities of this product are needed.

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