

## Stevia Liquid Extract

**2 fl oz**

Item Catalog Number: 00482

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 sugar<sup>108-109</sup> and results of short and long-term studies have shown it to be a safe supplement for the human diet.<sup>110-114</sup>

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. <sup>115-117\*</sup>

### References

### Supplement Facts

#### **Ingredients:**

Water, Stevia rebaudiana extract, and 18% alcohol.

### Dosage and Use

- Take one to four drops to sweeten drinks or as desired.

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