

Brief Overview of Stevia and Its Advantages

*Stevia is 200-400 times sweeter than sugar, therefore very little is needed as a replacement for sugar. The typical conversion is one teaspoon of stevia to one cup of sugar, however, this will vary depending on the stevia manufacturer or brand.

*Stevia is an all-natural alternative to the artificially made, chemical sweeteners available on the market today. There are no known side effects, unlike other substitutes.

*Stevia rebaudiana extract is derived from an herbal plant and is grown in many different parts of the world including China, Thailand, Paraguay and Brazil.

*Stevia has been used extensively as a sweetener in Japan since the 1970s. Product applications have ranged from diet soda to soy sauce.

*Stevia is heat-stable, so you can successfully bake with it, unlike some artificial sweeteners like saccharin and aspartame.

*Stevia has no calories, carbohydrates, fat, sugar, aspartame, saccharin or sucralose.

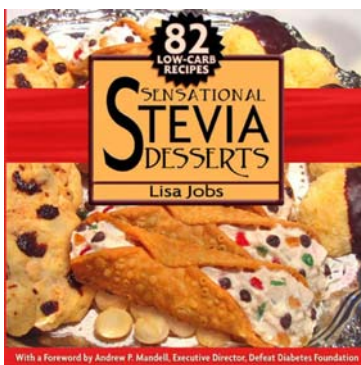
*Stevia does not affect blood glucose levels so it may be of interest to diabetics.**

*The FDA has approved stevia as a dietary supplement in the United States of America.

*Good sources of information on stevia studies and research include these Web sites: www.steviadessert.com, www.steviacanada.com & www.raysahelian.com.

**Check with your physician before using stevia to be sure it is recommended for your particular dietary needs.

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