

**Dietary Supplement** 

Net Weight 9.73 oz (276g)

Stevia is a genus of about 240 species of herbs and shrubs in the sunflower family (Asteraceae). native to subtropical and tropical regions from western North America to South America. The species Stevia rebaudiana, commonly known as sweetleaf or Sugarleaf, or simply stevia, is widely grown for its sweet leaves. As a sweetener and sugar substitute, stevia's taste has a slower onset and longer duration than that of sugar.

With its extracts having up to 300 times the sweetness of sugar, stevia has garnered attention with the rise in demand for low-carbohydrate, low sugar food alternatives.

In a few countries, it has been available as a sweetener for decades or centuries; for example; stevia is widely used as a sweetener in Japan where it has been available for decades.

More recent medical research has shown promise in treating obesity and hypertension. Stevia has a negligible effect on blood glucose, even enhancing glucose tolerance; therefore, it is attractive as a natural sweetener to diabetics and others on carbohydrate-controlled diets.\*

Sweet 'n Natural is Calorie free, Saccharin free, Aspartame free, and Sucralose free.

% Daily Value

## **Supplement Facts** Serving Size 1/3 teaspoon (876mg)

Servings Per Container 315

Calories	0	
Total Carbohydrate	Less than 1g	< 1%**
Sugars	Less than 1g	†
Stevia Leaf Extract	22.8 mg	

<sup>\*\*</sup> Percent Daily Values are based on a 2,000 calorie diet † Daily Value not established.

Other Ingredients: Lactose (milk).

Amount Per Servings

**Directions:** As an herbal dietary supplement, take 1/3 teaspoonful into food or stir into beverages.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by: Superior Source Products., Los Angeles CA 90058 Questions or Comments (800) 421-6175

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COMPARE AND DECIDE:	Herbal	Aspartame FREE	Saccharin FREE	Sucralose FREE
Sweet 'n Natural	Yes	Yes	Yes	Yes
Equal <sup>®</sup>	No	No	Yes	Yes
Sweet'n Low®	No	Yes	No	Yes
NutraSweet®	No	No	Yes	Yes
Splenda®	No	Yes	Yes	No

Equal is a registered trademark of Merisant Company, Chicago, IL Sweet' n Low is a registered trademark of Cumberland Packing Corp., Brooklyn, NY NutraSweet is a registered trademark of NutraSweet Company, Chicago, IL Splenda is a registered trademark of McNeil-PPC. Inc., Fort Washington, PA

For Information & Recipe Ideas www.cvc4health.com



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