

"Stevia Rebaudiana"

Nature's Sweet Secret



There are nearly 300 species of the Stevia family scattered all over the world. Of these, only one-Stevia Rebaudiana-contains the secret of steviolosides, which make it the sweetest herb in the world.

Stevia Rebaudiana is a small shrub native to portions of Paraguay and Brazil. It is now being cultivated in many countries. However, the best grade Stevia is that from Paraguay. Dr. Chen uses stevia only grown in Paraguay.

The sweet secret of Stevia lies in a complex molecule called stevioloside, which is a glycoside, composed of glucose, sophorose and steviol. It is this complex molecule and a number of other related compounds that account for its sweetness. The stevia herb in its natural form is approximately 10 to 15 times sweeter than common table sugar. Extracts of Stevia in the form of Steviolosides can range anywhere from 100 to 300 times sweeter than table sugar. And best of all, Stevia does not affect blood sugar metabolism according to most experts! Some studies report that Stevia reduces plasma glucose levels in normal adults.

Stevia has historically been used as a safe sweetener, a medicine as it has antibacterial agents, a cosmetic ingredient, and a dentrifice as it inhibits the development of plaque and cavities. In Brazil it is advertised as an anti-diabetic agent.

There are many forms and extracts of stevia. One must be careful to buy the best quality to ensure it has enough active ingredients. Sunrider has 2 different formulas containing Stevia;

- **SunnyDew**
- **Sunectar**

Both formulas are wonderful in any beverage. SunnyDew is lighter in color and taste, but more concentrated!

There are virtually no calories in Stevia. You can bake with Stevia since the extracts are heat stable. Can Stevia replace artificial sweeteners in the diet? Yes, say all the publications written on Stevia. However, remember that the FDA did not approve it as a sweetener, only as a dietary supplement. Enjoy Sunnydew and Sunectar and have a healthier future!