New Roots HERBAL

SteviaSugar

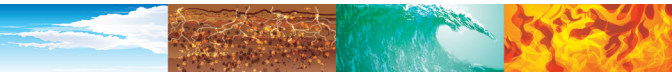
Equals sugar without the calories

- Suitable for diabetics
- Zero calories
- Suitable for cooking
- Great sweet taste

ISO 17025
Accredited Laboratory

NON GMO

newrootsherbal.com



SteviaSugar

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SteviaSugar is a naturally delicious, sugar substitute for coffee or tea and can be sprinkled on or used in preparing fruit, cereal, cookies, cakes, etc., and into any beverage. It is stable in both cooking and freezing. **Stevia**Sugar combines stevia leaf extract with the highest quality fructooligosaccharides (FOS). Stevia extract is 200 to 300 times sweeter than cane sugar, due to glycosides that can be extracted from the leaves, and is difficult to regulate because of its intense sweetness. Diluting the extract with a desirable carrier could tone down intensity. FOS is a functional food ingredient, mildly sweet, low calorie powder, which is found in chicory, fruits, and vegetables. Stevia is an excellent diabetic aid which nourishes the pancreas, helping to achieve healthy blood sugar levels.

Stevia contains numerous phytonutrients and trace minerals and is sweeter than sugar without negative effects. It can sweeten with no calories, carbohydrates, or tooth decay and is diabetic safe. Stevia nourishes the pancreas and does not raise blood glucose levels, making it not only safe for diabetics–but also beneficial. Since there are no calories or carbohydrates, stevia is excellent for weight loss. It does not contain the negative side effects reported with the use of artificial sweeteners including aspartame.

Fructooligosaccharides

The term "oligosaccharide" refers to a short chain of sugar molecules ("oligo" means "few" and "saccharide" means "sugar"). Fructooligosaccharides (FOS) and inulin consist of short chains of fructose molecules. These compounds can be only partially digested by humans. When oligosaccharides are consumed, the undigested portion serves as food for "friendly" bacteria, such as *Bifidobacteria* and *Lactobacillus* species. Clinical studies have shown that administering FOS can increase the number of these friendly bacteria in the colon, while simultaneously reducing the population of harmful bacteria.

Other benefits noted with FOS supplementation include increased production of beneficial short-chain fatty acids such as butyrate, increased absorption of calcium and magnesium, and improved elimination of toxic compounds. FOS can be classified in the category of fermentescible fibers: non digested, but rapidly fermented by the bacterial intestinal flora, they generate the production of short-chain fatty acids or SCFA (acetate, propionate and butyrate), necessary for the maintenance and the renewal of the cells that line the large intestine.

Each bottle contains:
Fructooligosaccharides and *Stevia rebaudiana* extract powder.
PM0434-R3

Suggested use:
As a dietary supplement, one (1) teaspoon of **Stevia**Sugar equals the taste of two (2) teaspoons of regular sugar. Add to taste.

Note: Suitable for diabetics.

Manufactured under strict GMP (Good Manufacturing Practices). HP1069