



Stevia

Nature's Harmony® Stevia is an all-natural herbal sweetener made with superior quality materials. Stevia is a small plant native to the South American country of Paraguay. The sweetener itself is an extract from the leaves of the stevia plant (Stevia rebaudiana).

PRODUCT CODE: 400177 (100 packets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
To sweeten food and drinks.	Individual packets One packet = two teaspoons of sugar	Adults may add to food when desired. Do not exceed 20 packets per day.

DESCRIPTION:

An extraction of the stevia leaf (stevioside) renders a wonderful sweetening agent that can be up to 300 times sweeter than sugar. The result is an extract that provides no calories, in contrast to sugar, which has 4.5 calories per gram. Nature's Harmony® Stevia is standardized to 94.6% steviosides and is a safe alternative to artificial sweeteners, particularly for anyone with blood sugar problems.

Recommended Daily Allowance: N/A

Food Sources: Cannot be obtained from foods.

Causes of Deficiency: N/A

Symptoms of Deficiency: N/A

Complementary Nutrients: Type 2 Natural Assist™.

HOW IT WORKS:

Nature's Harmony® Stevia is a granular powder that can be added in hot or cold beverages or fruits, or sprinkled on cereals for added sweetness or to enhance flavour. Stevia dissolves when added to beverages and does not break down when heated. Therefore, it does not lose its sweetening properties when added to a hot beverage or used in cooking or baking. Unlike sugar, stevia does not caramelize, turn brown or crystallize.



DID YOU KNOW...

Stevia has been produced as a commercial sweetener in Japan since 1977, where it is widely used in the manufacture of soft drinks and food products, and it is enjoyed for table use. Japan consumes more stevia than any other country in the world.

Stevia

RESEARCH:

Studies using stevia have shown that it can reduce blood pressure in people with hypertension. The onset of decreased blood pressure began within one week of initiation of treatment. Preliminary clinical research suggests that stevia might reduce glucose levels in people with type 2 diabetes.

SIDE EFFECTS:

When used orally in moderation as a sweetener, stevia offers a safe, natural alternative to artificial sweeteners.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use during pregnancy or breastfeeding. Discontinue use if gastrointestinal discomfort occurs or if you experience headache or dizziness. Use with caution if you have known allergies to plants in the Asteraceae/Compositae family, including ragweed, chrysanthemums, marigolds, daisies and many other herbs. Stevia extract can lower blood glucose levels, and when used together, might increase the effects of other herbs and supplements that lower glucose levels. Consult with your health care practitioner if you are taking medication for high blood pressure, since stevia has been shown to reduce blood pressure.

OTHER CONSIDERATIONS:

Stevia powder tastes slightly bitter if placed directly in the mouth, but when added to liquids, the taste is unique in its sweetness.

LABEL:

SOURCE NATURELLE
Natures Harmony®
Stevia

Fait à partir d'ingrédients de source naturelle
0 calories • 0 glucides

1 sachet = 2 c. à thé
Extrait traditionnel de la plante Stevia, le Stevia rehausse le goût de vos boissons chaudes ou froides, de votre fruit préféré ou vos céréales matinales. Sans aspartame, ni glucides ni calories, l'extrait de Stevia Nature's Harmony® est une douce façon d'agrémenter pratiquement n'importe quel régime alimentaire!

Valeur nutritive: par 0,4 g	
Teneur	% valeur quotidienne
Calories	0 %
Lipides	0 %
saturés + trans	0 %
polyinsaturés	0 g
oméga-6	0 g
oméga-3	0 g
monosaturés	0 g
Cholestérol	0 g
Sodium	0 mg
Potassium	0 mg
Glucides	0 mg
Fibres	0 g
Sucres	0 g
Protéines	0 g
Vitamine A	0 %
Vitamine C	20 %
Calcium	0 %
Fer	0 %

Usage recommandé (Adultes) : Ajouter aux aliments, tel que désiré. Ne pas dépasser 20 sachets par jour.
Ingrédients médicinaux : Chaque sachet contient : Extrait de feuille de Stevia (*Stevia rebaudiana*) 94,6 %
Glycosides de stevia 30 mg
Ingrédients non médicinaux : maltodextrine, acide ascorbique, citrate de calcium, inuline et silice.
Information sur les risques : Cesser l'usage si un malaise gastro-intestinal se produit ou si vous éprouvez des maux de tête ou des étourdissements. Utiliser avec prudence en cas d'allergies aux plantes de la famille des Asteraceae/Compositae (herbe à poux). Contre-indiqué pour les femmes enceintes ou qui allaitent. Ranger dans un endroit frais et sec.

NATURAL SOURCE
Natures Harmony®
Stevia

Made from Natural Source Ingredients
0 Calories • 0 Carbohydrates

1 packet = 2 teaspoons
A traditional extract from the Stevia plant, Stevia tastes great when added to hot or cold beverages; your favorite fruit or your morning cereal. With no Aspartame, no carbohydrates and no calories, Nature's Harmony® Stevia Extract makes a sweet addition to almost any diet!

Amount	% Daily Value
Calories	0 %
Fat	0 %
Saturated + Trans	0 %
Polyunsaturated	0 g
Omega-6	0 g
Omega-3	0 g
Monounsaturated	0 g
Cholesterol	0 mg
Sodium	0 mg
Potassium	0 mg
Carbohydrate	0 mg
Fibre	0 g
Sugars	0 g
Protein	0 g
Vitamin A	0 %
Vitamin C	20 %
Calcium	0 %
Iron	0 %

Recommended Use (Adults): Add to food when desired. Do not exceed 20 packets per day.
Medicinal Ingredients: Each Packet Contains: Stevia leaf extract (*Stevia rebaudiana*) 94.6 %
Stevia glycosides 30 mg
Non-medicinal ingredients: Maltodextrin, ascorbic acid, calcium citrate, inulin and silica.
Risk Information: Discontinue use if gastrointestinal discomfort occurs or if you experience headache or dizziness. Use with caution if you have known allergies to plants in the Asteraceae/Compositae family (ragweed). Do not use during pregnancy or breast-feeding. Store in a cool dry place.

Manufactured for / Fabriqué pour :
Purity Life Health Products Ltd., Acton, ON L7J 2K3.
For more information visit/ Pour plus de précisions,
visitez le site www.naturesharmony.com or call/
ou composez le 1-877-929-2548.