



Sweet 'N' Clear Liquid Stevia™

Nature's Harmony® Sweet 'N' Clear Liquid Stevia™ is an all-natural herbal sweetener made with superior quality natural source 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: 400175

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A sweet way that may be beneficial in the maintenance of healthy blood sugar and blood pressure levels.	Liquid (50 mL bottle). 1 dropper (1 ml) is equivalent to approx. 1 teaspoon of sugar.	Adults may add to food when desired. Do not exceed 2 mL daily.

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 that has 4.5 calories per gram. Nature's Harmony® Sweet 'N' Clear Liquid Stevia™ is standardized to 90% 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® Sweet 'N' Clear Liquid Stevia™ is a liquid form of the granulated powder that can be added in hot or cold beverages or fruits, or sprinkled on cereals for added sweetness or to enhance flavour. With a quick stir, it mixes with hot or cold beverages. Because it does not breakdown when it is heated, it does not lose its sweetening properties when added to a hot beverage or used for cooking.



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.

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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:

Not recommended for pregnant women, children, or those who have low blood pressure. 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 tastes slightly bitter if placed directly in the mouth, but when added to liquids, the taste is unique in its sweetness.

LABEL:

Usage recommandé : Une alternative au goût sucré qui peut être bénéfique dans le maintien de taux sains de glycémie et de pression sanguine.

Posologie recommandée (adultes) : Bien brasser. À ajouter aux aliments ou aux breuvages tel que désiré. Ne pas dépasser 2 ml par jour (un compte-gouttes de 1 ml équivaut environ à 1 cuillerée à thé de sucre).

Ingédients médicinaux :
Chaque compte-gouttes de 1 ml contient:
Extrait de feuilles de stevia (*Stevia rebaudiana*) normalisé à 90 % de stéviolosides 30 mg

Ingédients non médicinaux : glycérine, eau purifiée, saveur naturelle, acide citrique, sorbate de potassium, benzoate de sodium.

Information sur les risques : À déconseiller chez les femmes enceintes, les enfants et les personnes souffrant d'hypotension.
REFRIGÉRER APRÈS OUVERTURE.
TENIR HORS DE LA PORTÉE DES ENFANTS.

**DO NOT USE IF SAFETY SEAL IS BROKEN.
NE PAS UTILISER SI L'OPERCULE D'INVOLABILITÉ EST BRISÉ.**
Manufactured for / Fabriqué pour :
Purity Life Health Products
A division of/Une division de SunOpta Inc.
6 Commerce Crescent, Acton ON L7J 2X3.
For more information visit www.naturesharmony.com
or call 1-877-929-2548. Pour plus de précisions, visitez le site www.naturesharmony.com ou composez le 1 877 929-2548.



A Sweet Way
to Supplement Your Diet
Une façon douce
d'agrémenter votre alimentation

50 mL

Recommended Use: A sweet way that may be beneficial in the maintenance of healthy blood sugar and blood pressure levels.

Recommended Dose (Adults): Shake well. Add to food or drink as desired. Do not exceed 2 mL daily. (1 mL dropper is equivalent to approximately 1 teaspoon of sugar).

Medicinal Ingredients:
Each 1 mL dropper contains:
Stevia (*Stevia rebaudiana*) leaf extract standardized to 90% steviolosides 30 mg

Non-medicinal Ingredients: Glycerin, purified water, natural flavour, citric acid, potassium sorbate, sodium benzoate.

Risk Information: Not recommended for pregnant women, children, or those who have low blood pressure.
REFRIGERATE AFTER OPENING.
KEEP OUT OF REACH OF CHILDREN.

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