

STEVIA SUPREME (Rebaudiana)

Stevia is a South American herb that was traditionally used by the Paraguayan Guarani people for centuries as a sweetener in their herbal drinks. They called it the “sweet herb” or “sweet leaf.” It has long been used in yerba mate and teas and in medicines in many parts of South America. Stevia was made popular by the Swiss botanist Bertoni who publicized information about it.

The two primary steviol glycoside compounds in Stevia that make it sweet are Rebaudioside A and Steviolide.

Rebaudioside A is the sweeter of the two compounds. These compounds make Stevia up to 300 times sweeter than cane sugar. As a completely natural sweetener, Stevia is now a commonly marketed alternative to both cane (sucrose) sugar and artificial sugars. Stevia began as a popular sweetener in the United States in the 1980s and is now sold all over the world with Japan being the biggest consumer. It is generally labeled as a dietary supplement though extracted Rebaudioside A is now accepted under the more restrictive label GRAS (generally regarded as safe) as a food additive. It acts as a tonic.

Though some controversy remains regarding Stevia, its recognized health benefits include the following: it is an immune-modulator (helping to modulate the immune system), it provides blood sugar support by balancing and lowering blood sugar and is an anti-hyperglycemic making it safe for diabetics. It does not add calories to the diet. It also helps lower blood pressure, supports the kidneys, promotes diuretic activity, is anti-inflammatory, anti-hypertensive, anti-diarrheal, and shows high antioxidant activity.

Our Stevia is a premium certified organic grade from Paraguay with biologically active and full spectrum components including the steviol glycosides Steviolide and Rebaudioside A. It won an award at the Paris Natural Foods Show. Use when sweetness is desired and for flavor enhancement. It is very concentrated; use sparingly in dessert recipes, beverages, smoothies, and porridges. Stevia can mask bitter herbs and enhance bland foods. We encourage taste comparison to any other stevia.

Available in 2 ounce dropper bottles.