



## Table-top Sweetener

**Sugar** often brings to mind happy memories of delicious food. It is widely used in many foods, beverages and pastries. Sugar may be sweet but not so its effects on our health. High sugar intake may cause weight gain and damaged health. The overweight and diabetics may yearn for the sweet taste of sugar but balk at its unhealthy drawbacks.



For enquiries, please contact:

This brochure may contain references to scientific research that has been performed regarding one or more herbs used in E. Excel's products. These references demonstrate that the scientific community is documenting and verifying the amazing and wonderful powers of specific herbs, but under the specific circumstances and uses described in the referenced studies. Any claim that using E. Excel products containing these herbs will achieve the specific results described in these studies is specifically disavowed and disclaimed by the Company.

# STEVIA

Non-caloric Natural Sweetener



Table-top Sweetener  
**E-SWEET**

►► **Be Sweetener Smart!**

Sweeteners are a convenient alternative to sugar for those on a low-sugar diet or who want to enjoy the sweet taste without the calories. Compared to sugar, sweeteners usually have fewer or even no calories. However, not all sweeteners are created equal. Many sweeteners are synthesized artificially and have many side effects. Choose wisely to enjoy the sweet taste of health.

►► **Stevia—Nature's Sweet Answer**

Natural and pure, stevia is a top choice for a sweetener. The advantages of being non-caloric, easily dissolved in water, heat-stable, and having a zero glycemic index make stevia attractive as a natural sweetener to diabetics and others on low-calorie diets. The U.S. Food and Drug Administration (FDA) announced in December 2008 that it had no objection to certain stevia preparations having generally recognized as safe (GRAS) status. Stevia is widely used as a sweetener in Japan; it accounts for 40% of the sweetener market.

*Stevia extract is much sweeter than sugar but without the latter's drawbacks.*

**Non-caloric**

Stevia is high in sweetness, has no calories, and will not cause weight gain.

**No adverse effects on blood sugar**

Stevia does not affect glycemic index or raise blood sugar levels.

**Will not cause tooth decay**

Stevia does not promote the growth of bacteria that causes tooth decay.

**High in phytochemicals and antioxidants**

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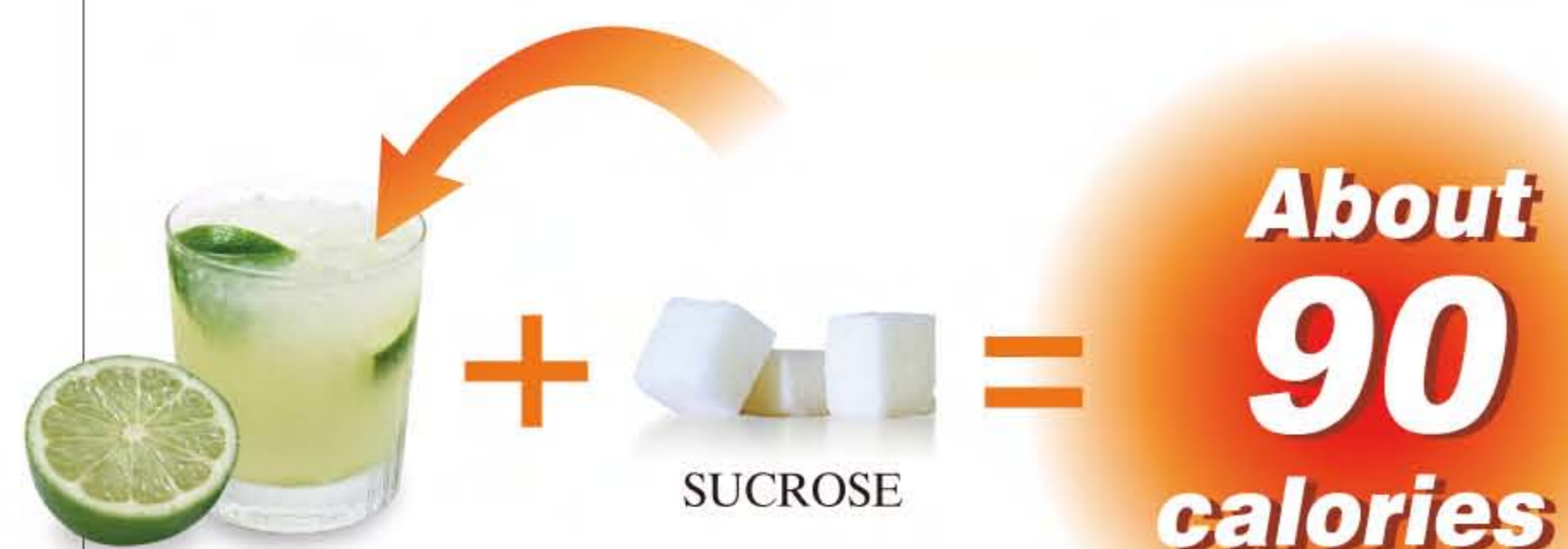


**E-SWEET VS. SUCROSE**

**Taste:** When 15ml of lemon juice is mixed with 300ml of water, it takes only 1.5 to 2.2 grams of E-SWEET to sweeten the drink. It takes about 23 to 30 grams of sucrose to reach the same level of sweetness.

**Calories:** 23 to 30 grams of sucrose have about 89–116 calories. 1.5 to 2.2 grams of E-SWEET only have about 3.9–5.72 calories.

**E-SWEET vs. Sucrose When Added to Lemon Juice**



**How to Enjoy E-SWEET**

**Beverages:** Add E-SWEET, a low-calorie alternative to sugar, to fruit juice, coffee and other beverages.



**Baking and Cooking:**

E-SWEET can withstand high temperatures and is safe for use in cooking. Add it to your dishes or desserts including red bean soup; red date, lotus seed and white fungus soup; black glutinous rice dessert; and honeydew sago dessert. Use E-SWEET to replace or complement sugar when baking biscuits and pastries to reduce the calories.



*If blood sugar levels are not a consideration, mix 30% of sucrose with 70% of E-SWEET to enhance taste and reduce calories by 70%.*



*E-SWEET is an all-natural sweetener that contains stevia and maltodextrin. It is very low in calories (the calories are from maltodextrin) and has negligible effects on blood sugar levels. E-SWEET lets you enjoy a sweetness that is similar to sucrose without burdening your health.*

