

You will find here the most frequently asked questions about Stevia.

### **Is Stevia toxic?**

Stevia is a non toxic natural sweeteners, used by Japanese since 1971. Allowed in many countries for few years now, Stevia can be use in lot of differents food and beverages as sweetener, to replace aspartam or to low calory rates in diet products.

### **What is steviol glycoside?**

Steviol glycoside is the molecule which gives the sweet taste of Stevia and is 40 to 300 times more sweeter than sucrose. Steviol glycosides are extracted from stevia leaves.

### **What are the benefits of Stevia?**

Stevia has several benefits:

- it is a sweetener completely natural;
- steviol glycosides are calory free;
- it's non toxic and safe even if it's used every day;
- It can be used for baking (until 200°C);
- It can be used by diabetic people to replace sugar;
- It permits to reduce calory rates in a lot of product by mixing lower rates of sugar with stevia.

## **What kind of products contain Stevia?**

A lot of products already contain stevia. You can find it in non alcoholic and fruit beverages, fruit sirup, industrial cakes, jam, and a lot more.