



THAI FREEZE DRY
COMPANY LIMITED

Stevia: scientific name *Stevia rebaudiana*



Thai Freeze Dry's herbs are not all delicious. Some are bitter, some sour, astringent etc. Please do not expect a super sweet "bubble gum" drink. This is herbal. This is healthy. The sprouted black rice provides a pleasant tasting (malt) flavor but with the addition of our herbs, taste tests indicate that a slightly sweeter taste is preferred. Stevia provides natural sweetness. It is a healthy herbal alternative. It contains no sugar but is sweeter than sugar with no calories, no toxicity and none of the negative health effects of sugar.

Stevia glycosides are approved as a dietary supplement/food additive in more than 30 countries including EU, U.S.A., Australia, New Zealand and most ASIAN countries and has been approved by the Thailand F.D.A. since 2002. The indigenous people of Paraguay were using stevia to sweeten their medicines and drinks as early as the 16th century.

Stevia as it is found in nature is healthy. Unfortunately, most often you are getting a refined extract (liquid or powder) that has isolated stevia's sweet compounds. However, true to Thai Freeze Dry's mission to "revive your relationship to nature's complete foods", we prefer to use the entire leaf and deliver all of its health benefits as per nature's design.

Stevia is an effective sweetener for people on sugar and carbohydrate- controlled diets such as diabetics and people concerned with weight management and anyone/everyone interested in overall good health. Lab studies confirm reductions in blood glucose levels attributed to chlorogenic acid which reduces enzymatic conversion of glycogen to glucose as well as decreasing absorption of glucose in the gut. The fact that stevia does not raise blood sugar levels makes it a good sugar substitute for people with diabetes.

In a study, published in the European Journal of Microbiology and Immunology, the team tried different sugars and sweeteners and discovered that **stevia** extracts are more effective in killing **Lyme disease** bacterium than the standard antibiotics.

www.nutritioninsight.com › news › *stevias-latest-potential*

Stevia leaves contain magnesium, potassium, and vitamin B3. Stevia is also rich in iron (approx.. 700 ppm) which helps hemoglobin synthesis. With over 10% fiber, stevia helps promote proper digestion and helps to cure constipation. Stevioside (one of stevia's sweet compounds) has been studied for its ability to dilate blood vessels, increase elimination of sodium and increase urination all of which help to reduce blood pressure.

Triterpenes, flavonoids and tannins are among the antioxidant compounds found in stevia. Antioxidant phyto-chemicals found in stevia include kaempferol, quercetin, chlorogenic acid, caffeic acid, and isoquercitrin. Kaempferol has been shown to reduce the risk of pancreatic cancer by 23% (American journal of epidemiology).

Some people experience a “metallic” aftertaste from the highly processed white stevia powder that we commonly find in the marketplace. The chemicals used in this process result in what the FDA classifies as an “artificial sweetener” and the metallic aftertaste is a result of this chemical process.

Keep in mind our mission: “Revive Your Relationship with Nature’s Complete Foods” and enjoy the taste and benefits of stevia as nature made it.

Enjoy a touch of natural sweetness.

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