

FARM FRESH

Superior medicinal herbs and smart foods.



STEVIA

Stevia, (*Stevia rebaudiana*), plays an important role in Thai Freeze Dry's herbal blends. The most healthy herbs are not all delicious. In fact, many are bitter and others are sour, astringent etc.



THAI FREEZE DRY
COMPANY LIMITED

www.thaifreezedry.com

Health Benefits

- 1 **Anti-bacterial**
- 2 **Controls sugar intake**
- 3 **Contains magnesium, potassium, and vitamin B3**
- 4 **Strengthens sodium elimination**
- 5 **Reduces blood glucose levels**
- 6 **Effective in treating Lyme Disease**
- 7 **Hygienic oral care**
- 8 **Helps to regulate blood pressure**



Stevia has been used for centuries to sweeten food and beverages without the negative side effects of sugar. The CFL process preserves this natural goodness while avoiding some major health concerns that come with consuming too much sugar, such as obesity or Type 2 diabetes.

INTERESTING FACTS

■ Natural Stevia is not only “harmless” but is healthy. Most often you are getting a refined extract (liquid or powder) that has isolated stevia’s sweet compounds.

Thai Freeze Dry’s CFL promises the whole plant - full spectrum - as designed by nature.

■ 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.

In-Depth Look

1 Antioxidant phytochemicals, including kaempferol, quercetin, chlorogenic acid, caffeic acid and isoquercitrin in Stevie are all beneficial to human health as they have been shown to lower the risk of pancreatic cancer by 23% (American Journal of Epidemiology.)

2 Stevia leaves have a variety of health benefits including being rich in iron and potassium. Stevia is also high in magnesium, vitamin B3, fiber, and can be used to cure constipation.

3 Stevioside, one of the compounds in stevia (a plant commonly used as a sweetener), is shown to help with high blood pressure due to its ability to dilate vessels and increase urination. The extract found in the stevia plant is a powerful antioxidant that can prevent cancer and reduce blood glucose levels.

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In-Depth Look

4 Research conducted by Professor Eva Sapi, chairperson of the Department of Biology and Environmental Science at the University of New Haven (Connecticut, U.S.A.) published in the European Journal of Microbiology and Immunity in 2015, concluded that stevia treats *Borrelia burgdorferi* bacteria responsible for Lyme disease more effectively than doxycycline, cefoperazone and daptomycin antibiotics. Human patients with Lyme disease will soon undergo clinical trials.

5 Some people experience a slight “metallic” aftertaste from stevia, however in its natural state and combined in our herbal blends this is not detectable.

Stevia’s natural light green color and taste are not tinted by artificial processes that result in artificial color or taste. Add a touch of stevia to your toothpaste for a refreshing taste and antibacterial protection.

Sweeten your food with a natural herbal sugar substitute.

Enjoy a healthy touch of natural sweetness.

Citations

1. Sapi E, et al. “Effectiveness of Stevia Rebaudiana Whole Leaf Extract Against the Various Morphological Forms of *Borrelia Burgdorferi* in Vitro.” *Eur J Microbiol Immunol (Bp)*. Dec. 5, 2015 (4): 268-280.

2. <https://www.healthline.com/health/type-2-diabetes/diabetes-stevia#sugar-substitutes>

For prices & availability please email : sales@thaifreezedry.com