

EarthSweet™ Stevia with FOS



A Healthy Choice for Balanced Blood Sugar Levels

- Delicious flavor, calorie free.
- FOS provides fiber & supports friendly flora.
- Highly potent stevia leaf extract contains 90% steviosides.

Since the first sugar cane was brought from exotic South Pacific and Caribbean islands generations ago, Americans have had a love affair with foods that are super sweet but lack true nourishment. This has led to the development of literally thousands of good tasting but nutritionless foods that have contributed to childhood and adult obesity, energy depletion, mood swings, decreased brain function, and countless other negative effects on human health.

Nature has also provided help in the form of an amazing herb from Paraguay, *Stevia rebaudiana*. Now Planetary Herbals brings you this beneficial herb with its introduction of EARTHSWEET™ STEVIA WITH FOS.



PLANETARY™
HERBALS

Expert Formulations – Exceptional Results

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

EARTHSWEET™ STEVIA WITH FOS combines a concentrated extract of stevia leaves with fructooligosaccharides (FOS) derived from the roots of the chicory plant (*Cichorium intiba*). Stevia leaves have been used as a staple in the diet of the Gaurani people for more than 1,500 years. One of stevia's greatest attributes is that it contains no calories and no fat. Traditionally, it was used in foods and as a digestive tonic. Modern research has shown that stevia can help to balance blood sugar levels through an enhancement of insulin production. Balanced blood sugar levels in turn can help maintain stable energy levels, proper brain function, and emotional stability, while also reducing sugar cravings.

Planetary Herbals EARTHSWEET™ STEVIA WITH FOS contains a highly potent stevia extract containing 90% steviolosides, the primary active components of stevia. Stevia has been used historically to improve digestion and gastrointestinal function. A healthy gastrointestinal tract is important for digestion, assimilation, the efficient burning of calories, the elimination of toxins, and healthy immune functions. The steviolosides in stevia pass through the digestive process without chemically breaking down, so the body obtains no calories from it, and it does not contribute to swings in blood sugar levels in the way that consumption of simple sugars does. Modern research suggests stevia has a positive effect on the pancreas, the primary sugar regulating organ of the body.

Unlike many stevia extracts, which are made with toxic extracting solvents, Planetary Herbals is manufactured using a water extraction process to avoid the presence of potentially toxic compounds. This is also more ecologically sound: a perfect supplement for people and planet.

FOS is a delicious, fiber-rich group of compounds that also serves as an herbal intestinal prebiotic. Prebiotics are substances that promote the body's natural production of friendly flora, most specifically, lactobacillus and bifidobacteria. The magic of FOS is that—like the steviolosides—it passes through the stomach and small intestine undigested. Once in the colon, it helps to create a

healthy flora environment. Part of its action in the colon is its ability to increase the production of short-chain fatty acids, which have beneficial effects on fat metabolism that are similar to those of fiber. The results are improvements in gastrointestinal function, bowel regularity, fat metabolism, and a cleansed colon—all of which are integral to overall health.

This combination of delicious flavor, fiber, blood sugar-balancing, and prebiotic activity makes EARTHSWEET™ STEVIA WITH FOS an ideal dietary supplement for healthy blood sugar levels, digestion, and colon health.

PLANETARY HERBALS—YOUR SOURCE FOR ADVANCED HERBAL NUTRITION

Planetary Herbals is dedicated to bringing you the finest herbal supplements modern research has to offer. And now compelling research shows how the ingredients in EARTHSWEET™ STEVIA WITH FOS can help maintain normal blood sugar levels and a healthier lifestyle. Also available from Planetary Herbals: STEVIA LIQUID CONCENTRATE and STEVIA POWDER.

References:

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Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, National Nutritional Foods Association



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