

STEVIA (STEVIOL GLYCOSIDES)

Stevia is a plant native to South America that has been used as a sweetener for hundreds of years- the plant was first consumed by indigenous people over 200 years ago and used to sweeten teas and medicines, or chewed as a sweet treat¹.



STEVIA FAST FACTS

- The leaves of the stevia plant are the origin of non-toxic, high-potency sweeteners, some of which can be up to 300 times sweeter than sucrose².
- A study focusing on the less described components within the stevia plant found that stevia leaves also carry small amounts of phenols, flavonoids, and proteins in addition to sweeteners³.

Stevia and its constituents are renowned in the dietary supplement and food and beverage industries as a source of alternative sweeteners. With this significant presence in the industry, numerous studies have been performed to illuminate how stevia interacts with the human body. Some clinical studies suggest that stevia has no effect on either blood pressure or blood glucose responses, indicating that these sweeteners are safe for use by individuals with diabetes⁴.

Varying proportions of stevia constituents in food and beverages can readily change the item's taste profile. For example, rebaudioside A in higher levels results in the desired sweetened taste profile, while higher levels of stevioside are responsible for the bitter aftertaste².



STEVIOL GLYCOSIDE MVP'S

- **Rebaudioside A (Rebiana):** likely one of the best-known artificial sweeteners, the name "rebiana" indicates a highly purified form of the major glycoside, rebaudioside A⁵.
- **Stevioside:** this phytochemical has demonstrated anti-inflammatory properties; studies indicate that stevioside may be a promising therapeutic for conditions such as lung injuries⁶.

ChromaDex provides a number of chemical reference standards within the stevia family, including but not limited to: rebaudiosides, steviosides, stevia kits, and others. All members the stevia family can be searched on ChromaDex's online catalog at chromadex.com/chromadex-catalog/

References

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