



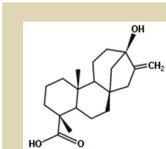
Stevia is a genus of about 240 species of herbs and shrubs in the sunflower family, native to subtropical and tropical regions of western North America to South America. The species *stevia rebaudiana*, commonly known as sweetleaf, or simply stevia, is widely grown for its sweet leaves. Steviol glycosides are natural sweet leaves. Steviol glycosides are natural constituents of the plant *Stevia (Rebaudiana Bertoni)*.

Extraction of the Steviol glycosides, produce a powder 200-300 times sweeter than sugar and a caloric value 1/300 that of cane sugar. Stevia extracts generally contain a high percentage of the glycosides stevioside (250-300 X sweeter than Sugar) and rebaudioside A (350-450 X sweeter than Sugar), and smaller amounts of other steviol glycosides i.e rebaudioside C, dulcoside A, rubusoside, steviolbioside, and rebaudioside B.

Rebaudioside A has the least bitterness of all the sweet compounds in the stevia plant, and is the measured key component. Typically stevia is supplied as steviol glycosides with purities in the 95-100% range, with the percentage of the key rebaudioside A being quoted along with the sum of the other related Glucosides. Typically rebaudioside A in the range 40-80% is used in food and beverages as the taste and sweetness is suitable, while the Rebaudioside A in the 95-98% range are used in table to sweeteners.

Steviol glycoside extracts have broad applications as sweetener in the manufacture of fruit and milk drinks, desserts, yoghurt, delicacies, confectioneries, fruit products, processed seafood products, pickles, table-top sweeteners and dietary supplements. The extracts are suitable for cooking purposes as they are heat stable, unlike some artificial sweeteners such as aspartame. However, they are unsuitable for certain confectionary such as fudge or icing as they lack bulking property. Water extracts of the crushed leaves of the stevia plant have been used for many years as a sweetener in some countries in South America and Asia. It is also known that stevia leaves are used to prepare a sweetened tea in a number of countries throughout the world.

The sweeter has zero calories, and will not ferment or mold, making the product an ideal sweetener against tooth decay.



Steviol is the basic building block of Stevia's sweet glycosides. Stevioside and rebaudioside A are constructed by replacing the bottom hydrogen atom with glucose and

Things to consider:

1. Stevia has a high sweetness level, however when too much is used a bitter flavour will be noticed. Usage level will typically be 1 -3 grams per kg. Approximately ½ teaspoon of pure Stevia powder is equivalent to 1 cup of Sugar.
2. Stevia does not provide any body (viscosity) to a recipe due to the very low levels used. This means when replacing sugar in recipes where sugar is providing other benefits, an additional replacement ingredient is required. For example in baked goods sugar not only provides sweetness, it gives the products its textures such as chewiness or crispness, it can also be responsible for colour formation in many products, characterised by the traditional brown caramelisation. Products such as Maltodextrin can be used to provide partial replacement in this area. Maltodextrin is made up of short chain carbohydrates, with very low sugar content. In many baked recipes Maltodextrin can be used to replace 50% of the added sugar, and in gravies and deserts it can replace all of the added sugar with a little increase in viscosity.

Suggested Usage:

1. Stevia can be used directly in its concentrated form, however due to the very high sweetness levels approximately 2 grams will be sufficient to sweeten a litre of water.
2. Stevia can be mixed with clean water to produce a concentrated solution to add to recipes. Dissolve 1 level teaspoon Stevia powder in 3 tablespoons (50ml) clean water (Filtered or Boiled). Pour into a dropper style bottle and refrigerate. Use a couple of drops of mixture to sweeten tea or coffee. You can also use the sweetener to sweeten deserts. The solution should remain stable in the fridge for at least 3 weeks, as the Stevia will not ferment or undergo microbial attack.
3. Stevia can also be blended with Maltodextrin to produce a reasonable sugar replacement. Blend 25 grams Stevia with 1000 grams. This will result in a blended material with similar sweetness as sugar, and can be used to sweeten drinks, or used to replace sugar in deserts and general cooking.

Products:

Stevia



Nutritional Information		
Serve Size = 5g, Servings = 400		
	Per Serving	Per 100g
Energy	0 kJ	0 kJ
Protein	0 g	0 g
Fat - Total	0 g	0 g
- Saturated	0 g	0 g
Carbohydrate	0 g	0 g
- Sugars	0 g	0 g
Sodium	0 mg	1 mg

Ingredients: Stevia (Reb-A greater than 98%)

Maltodextrin



Nutritional Information		
Serve Size = 5g, Servings = 100		
	Per Serving	Per 100g
Energy	81 kJ	1620 kJ
Protein	0 g	0 g
Fat - Total	0 g	0 g
- Saturated	0 g	0 g
Carbohydrate	4.7 g	94.2 g
- Sugars	0.8 g	16 g
Sodium	3.8 mg	76 mg

Ingredients: Maltodextrin

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