

SWEET NOURISHMENT: SunnyDew and Sunectar ---Healthy Sweet...



- Stevia makes a wonderful healthful alternative to sugar and artificial chemical sweeteners that are toxic and promote increased sugar consumption.
- The entire body, but especially the BRAIN and LIVER need healthy carbs (complex vs simple sugars) to function optimally—It is their fuel

Research on Stevia shows it's benefits to be many:

Increases ability to:

- Relieve mental, emotional, and physical fatigue,
 - Help balance & maintain normal blood sugar levels for even energy flow
 - Assist metabolization of fats to help prevent insulin resistance.
 - Assist in fat loss by helping burn glucose
 - More consistent blood pressure
 - Improved thinking capacity
 - Faster healing of ulcers or lesions – topical
 - Effective for topical healing, even preventing scarring
 - Aid digestion and gastrointestinal functions
 - Increased ability to fight fatigue
- Sunrider is an early innovator in the manufacturing and marketing of products containing stevia, an herb indigenous to South America, and has helped popularize its use in many countries. In April 1995, **Dr. Tei-Fu Chen, Founder and Owner of Sunrider International**, successfully petitioned the Food and Drug Administration (FDA) to lift the import alert on the extract of stevia leaves, thereby clearing the way for Sunrider to use stevia as a dietary supplement in the United States.
 - **"SunnyDew® and Sunectar®** are two of our most popular products. Stevia is the primary ingredient in both dietary supplements, and Chrysanthemum Flower adds anti-inflammatory and calming properties.
 - **Sunectar** is our original, full-flavored, dark Stevia – it has a stronger flavor
SunnyDew is the clear, light-colored, advanced version of Sunectar with a lighter taste.
 - The natural extract from stevia leaves contains no calories and is 250-300 times sweeter than processed sugar. Sunrider uses 2500 gallons of extracted herbal liquid to make 20 gallons of **SunnyDew**.
 - Many companies now market stevia products. Rather than chemically extracting the Stevia, Sunrider uses a water extraction process and then highly concentrates it to increase its benefits. You can also taste the difference—**SunnyDew® and Sunectar®** have a unique, delicious flavor with no chemical aftertaste.
 - Heat and cold do not affect **SunnyDew or Sunectar's beneficial effects**, so they are excellent for cooking, canning, and baking.
 - Add as many drops as you desire to all your --- to your good health! **SunnyDew** is even delicious in a glass of water with a slice of lemon!

Ingredients: Stevia, Chrysanthemum Flower

"I love this delicious guilt-free whole food sweetness," Kathy