

# STEVIA SWEET HERB

FOR RESOLVING BLOOD SUGAR REGULATION ISSUES; FOR USE AS A SWEETENER AND ANTIBACTERIAL



## PRODUCT DESCRIPTION

Stevia – Sweet Herb is an extract from *Stevia rebaudiana*, having up to 300 times the sweetness of sugar. Stevia has garnered attention with the rise in demand for low-carbohydrate, low-sugar food alternatives. Medical research has also shown possible benefits of stevia in treating obesity and high blood pressure. Because stevia has a negligible effect on blood glucose, it is attractive as a natural sweetener to people on carbohydrate-controlled diets. In addition, the stevia plant contains plentiful levels of magnesium – a nutrient in which many diabetics are lacking – and stevia promotes a higher level of efficiency of insulin uptake and action in the body.

## RESEARCH

A double-blind placebo-controlled study of the effectiveness and tolerability of oral stevioside in human hypertension showed that oral stevioside is a well-tolerated and effective modality and may be considered as an alternative or supplementary therapy for patients with hypertension. Chan, P, "A double-blind placebo-controlled study of the effectiveness and tolerability of oral stevioside in human hypertension." *Br J Clin Pharmacol*. 2000 Sep; 50(3): 215–220. DOI: 10.1046/j.1365-2125.2000.00260.x

A study showed stevia extract highly effective in killing all morphologic forms of *Borrelia burgdorferi* in vitro. Theophilus PAS, et al, "Effectiveness of *Stevia Rebaudiana* Whole Leaf Extract Against the Various Morphological Forms of *Borrelia Burgdorferi* In Vitro," *European J of Microbiol Immunol* 2015 Oct. pp.1-13, DOI:10.1556/1886.2015.00031

A research study showed that Stevioside proved to be as effective as the antidiabetic agent, rosiglitazone, at enhancing glucose uptake in normal 3T3-L1 adipocytes or in cells induced to insulin resistance via exposure to TNF- $\alpha$ . Mohd-Radzman, NH, "Stevioside from *Stevia Rebaudiana* Bertoni Increases Insulin Sensitivity in 3T3-L1 Adipocytes" *Evidence-Based Complementary and Alternative Medicine* Volume 2013 (2013), Article ID 938081, 8 pages. <http://dx.doi.org/10.1155/2013/938081>

## PATIENT REPORTS

"I've been addicted to sugar since I was 5. My doctor told me that I was going into pre-diabetes and that I better make a change. He told me about NutraMedix Stevia – that it wasn't a fractured, processed version of the Stevia plant. He said that it came from the plant as a whole food and that's been my goal ever since – to get healthy by eating whole foods and no sugar. I'm proud to say I've lost 50 pounds and I no longer crave sugar. This Stevia is really good."  
-R.M.

## SUGGESTED DOSAGE

Add 3 or more drops as desired to food or beverages. As an antimicrobial, use 30 drops twice daily. NutraMedix Stevia contains no added sugars.

### Various Reported Medicinal Properties of Stevia:

Anti-acne	Anti-dyspeptic	Anti-osteoporotic	Diuretic
Antibacterial	Anti-gingivitis	Antioxidant	Hypoglycemic
Anti-candidiasis	Anti-heartburn	Anti-rash	Hypotensive
Anti-dandruff	Anti-inflammatory bowel disease	Antiseptic	Natriuretic
Anti-dermatitis	Anti-nephropathy	Anti-tooth decay	Pro-energy
Anti-diabetes	Anti-obesity	Anti-tumor	