CarboTame
Glycemic Balance®
Lo Han Sweet
Perfect Sweet - Xylitol
Iso-Rich Soy
Iso-Rich Soy + Greens
Fermented Soy Essence

Lo Han Sweet™



Lo Han Sweet
Powder
Net Weight 2.8oz (80 g)

Low Calorie
Sweetness Enhancer
All Natural - Great Tasting
Prod # 14067

USAGE: Use Lo Han Sweet™ to enhance taste. Mix with tea, coffee or other beverages, desserts and foods as desired.

Xylitol is a sweet tasting, naturally occurring polyol that a has distinct cooling sensation in the mouth. Xylitol is metabolized differently from conventional sugar and helps protect dental health by assisting to maintain a balance of oral beneficial flora.

Lo Han Kuo is the fruit of Momordica grosvenorii, a plant cultivated in the mountains of southern China. Mogrosides, which are water extracted from the Lo Han fruit, offer a pleasant taste, without elevating blood sugar.

Lo Han Kuo Mogrosides are up to 250x sweeter than sugar.
Xylitol is as sweet as sugar, having 40% less calories.
Inulin-FOS (FructoOligoSaccharide) is a soluble fiber and promotes beneficial intestinal bacterial growth.

Lo Han Sweet™ advantages:
• **Low Glycemic Index:** Does not cause extreme fluctuations in blood sugar.
• **Heat Stable:** Very stable under high temperature, and can be added to

both hot as well as cold foods. Suitable for cooking and baking.
• **Low Calorie:** 2 calories per serving of 2 g (about 1/2 teaspoon).

Keep out of the reach of children.

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.

NUTRITION FACTS

Serving size 2 scoops (2g)
Servings per Container: 40

	Amount	% DV
Calories	2	N/A
Total Fat	0g	0%
Sodium	0 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Protein	0g	0%

Not a significant source of calories from fat, saturated fat, cholesterol, sugars, Vitamin A, Vitamin C, calcium, and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Active Ingredients: Xylitol and MogroPure™ (Momordica grosvenorii). Lo Han fruit juice concentrate).

Inactive Ingredients: Inulin-FOS (FructoOligoSaccharide) andsilicon dioxide.

©2004 Jarrow Formulas