



Stevia Conversion Chart and List

Purchase from A.C.N. • Prices Available Upon Request

STEVIA CONVERSION CHART

SUGARS & SWEET CHEMICALS		STEVIA		
REFINED SUGAR OR WHOLE CANE SUGAR*	ARTIFICIAL SWEETENER	POWDER	LIQUID	WHOLE LEAF
1 teaspoon	1 teaspoon	A pinch to 1/16 teaspoon	4-6 drops	1/8 teaspoon
1 Tablespoon	1 Tablespoon	1/8 teaspoon	8-12 drops	3/8 teaspoon
1/4 cup	1/4 cup	1/4 teaspoon	1/8 teaspoon	1 & 1/2 teaspoon
1/2 cup	1/2 cup	1/2 teaspoon	1 Tablespoon	1 Tablespoon
1 cup	1 cup	1 teaspoon	2 Tablespoons	2 Tablespoon

**Whole Cane Sugar acceptable in moderation.*

Stevia preferred however, because it does not raise or lower blood sugar, so excellent for Diabetics and Diabetes Prevention

Stevia From Advanced Clinical Nutrition – Available in Fruit and Herb Flavors

LIQUIDS	POWDERS & Tabs (Tablets)
Stevia Clear (Original) Liquid – 2 oz.	Stevia Packets (1 box of 100 Single Packet)
Apricot Nectar Stevia Liquid – 2 oz.	Stevia Extract White Powder (10 grams)
Grape Stevia Liquid – 2 ounces	Stevia Extract White Powder (25 grams)
Lemon Drop Liquid – 2 ounces	
Peppermint Stevia Liquid – 2 oz.	STEVIA TABS (TABLETS)
Valencia Orange Liquid – 2 ounces	Stevia Tabs – Qty = 100
Vanilla Crème Liquid – 2 ounces	Stevia Tabs Special – 2 (100 Tabs) – Save \$4.00

Stevia has no calories, no carbohydrates and safe for Diabetics.

Contact A. C. N. for Prices. Regarding Tabs, Drop in tea and dissolves instantly.



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