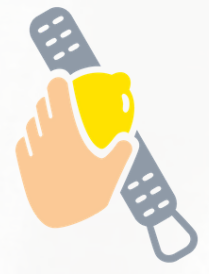


# How to Choose a Sweetener



Wellness Simplified

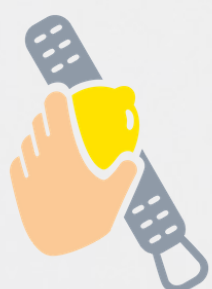
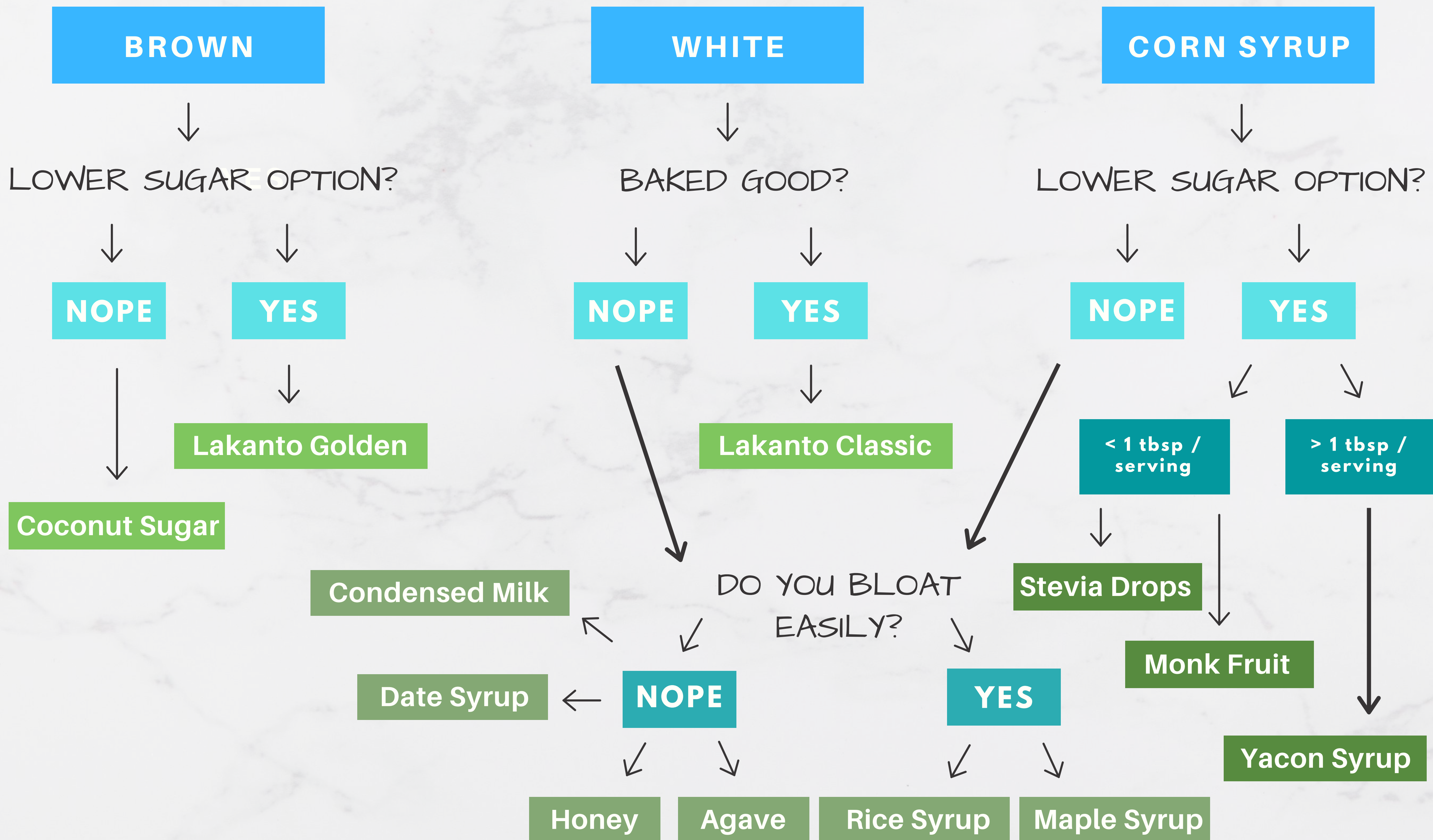
## A Comprehensive Guide





# Alternatives to Conventional Sweeteners

WHAT ARE YOU LOOKING TO REPLACE?





## COCONUT SUGAR

The perfect substitute for brown sugar, with a similar taste and a lower glycemic index score of 35.

## STEVIA DROPS

Offers the sweetness you crave, with less calories and no risk of high blood sugars. However, using too much in a recipe may leave some with a bitter aftertaste.



# LAKANTO

## LAKANTO GOLDEN

All the benefits of Lakanto Classic but with a brown sugar feel!

WITH ERYTHRITOL

## GOLDEN

RAW CANE SUGAR REPLACEMENT



## LAKANTO CLASSIC

Blend of erythritol and monk fruit; with no aftertaste or risk of gastrointestinal upset. It performs just like granulated white sugar in baking, providing structure, stability, and tenderness to your desserts!

## CLASSIC

WHITE SUGAR REPLACEMENT





A close-up shot of a spoon pouring thick, creamy condensed milk into a glass can. The can has a label with the word 'Borden' and 'CONDENSED MILK' visible.

## CONDENSED MILK

Boiled down milk with added sugar, leaving you with a thick, creamy, milky, one-of-a-kind sweetener!

A close-up shot of a spoon pouring a thick, dark, ruby-colored syrup into a glass jar. The syrup is very viscous and clings to the sides of the spoon.

## DATE SYRUP

A rich ruby thick syrup packed full of fruity sweetness and potassium!

A close-up shot of a wooden spoon pouring golden honey into a glass jar. The honey is thick and has a rich, warm color.

## HONEY

The taste of honey varies, from light floral notes to deeper smoky or nutty flavour. High quality honey also contains anti-microbial properties and has a glycemic index score of 45-60.

A close-up shot of a wooden spoon pouring a clear, golden agave syrup into a glass jar. The syrup is thick and has a warm, golden color. The word 'AGAVE' is visible on the jar's label.

## AGAVE

Tastes like subdued honey, with no strong aftertaste, perfect for adding sweetness to your drinks or baked goods. Agave offers both a low glycemic index of 17 and is sweeter than regular sugar, you can use less with equal effect.





## MAPLE SYRUP

Maple syrup tastes of both caramel and butterscotch with an underlying nuttiness to balance out the palate. It has a glycemic index score of 54.



## RICE SYRUP

Thick viscosity, with just enough sweetness to hit the spot, with a subtle nutty aftertaste to enhance whatever you add it to.



## YACON SYRUP

Dark, sweet, with a molasses-like consistency. Coming from a medicinal South American plant, yacon syrup is high in fructans, a prebiotic fibre, which is beneficial for nourishing those good gut microbes!



## MONK FRUIT

With a fruity taste that's almost 200X sweeter than sugar, monk fruit is the definition of less is more. Offering powerful antioxidant properties, it's no wonder the Chinese have used this fruit as a medicinal ingredient for centuries.