



Is Stevia In The Raw gluten-free?

Yes. Stevia In The Raw contains no gluten and is manufactured in a gluten-free facility. It is safe for consumption for people with Celiac Disease or gluten sensitivities.

Does Stevia In The Raw contain sodium?

Stevia In The Raw is sodium-free.

Using Stevia In The Raw

How can I use Stevia In The Raw?

Stevia In The Raw is ideal for tabletop use and dissolves easily in hot and cold beverages. One packet of Stevia Extract In The Raw is equal in sweetness to two teaspoons of regular sugar.

Can Stevia In The Raw be substituted for sugar when cooking and baking?

Yes! The Stevia In The Raw Cup For Cup Baker's Bag product makes it easy to substitute high-calorie sugar with zero-calorie stevia in your favorite recipes. Because you can use the same measured volume, one cup of Stevia In The Raw is as sweet as one cup of sugar. For best results, experiment by first substituting half the sugar in a recipe with the equivalent amount of Stevia In The Raw.

What is the shelf life of Stevia In The Raw?

Stevia In The Raw has a shelf life of approximately four years when stored under cool and dry conditions. Exposure to high humidity and/or temperatures may result in caking, but the product is still safe to consume.

What sizes are available?

Stevia In The Raw is currently available in a 50-packet box or a 9.7-ounce Cup For Cup product in a resealable Bakers Bag.

Where can I find Stevia In The Raw?

Stevia In The Raw is available in supermarkets nationwide. It is also found at many fine restaurants, cafés and coffee bars. Use our Online Store Locator to find a source in your area, or simply buy it online.

WWW.STEVIANTHERAW.COM



FREQUENTLY ASKED QUESTIONS

Stevia Extract In The Raw® is the versatile, 100% natural, zero-calorie premium sweetener. Without added sugars and extra calories, Stevia In The Raw naturally sweetens food and drinks and is an excellent choice for baking and cooking. Stevia In The Raw is packaged and distributed by Cumberland Packing Corp., makers of Sugar In The Raw®. The In The Raw brands allow flexibility in your choice of sweetener, without sacrificing natural goodness and taste.

About Stevia In The Raw

What is Stevia In The Raw?

Stevia In The Raw is a zero-calorie, granulated sweetener made directly from the leafy green foliage of the stevia plant, a crop native to South America. Stevia In The Raw derives its sweetness from an extract (Rebiana or Reb-A) that is isolated and purified from the stevia plant leaves. The natural stevia extract is 300 to 400 times sweeter than sugar, which allows a small amount of Stevia In The Raw to provide a large sweetening effect.

How does Stevia In The Raw compare to sugar?

One packet of Stevia In The Raw is as sweet as two teaspoons of sugar. But unlike sugar, which has 16 calories and 4 grams carbohydrate per teaspoon, Stevia In The Raw has 0 calories and less than 1 gram carbohydrate per packet.

How long have people been using stevia sweeteners?

The stevia plant is native to South America and has been used indigenously as a sweetener for over 400 years. Stevia is now grown and harvested in many countries around the world, predominantly in China and Brazil. Stevia is used as a food additive in many countries and is added to foods including ice cream, bread and soft drinks. It also has a long history of use as an approved dietary supplement.

Why is the product called "In The Raw"?

Stevia In The Raw is a 100% natural sweetener and the newest member of our all- natural "In The Raw" line of products. It does not use additional ingredients to change the naturally delicious flavor of the stevia extract and it has the highest Reb-A content of the branded stevia sweeteners available today. Stevia In The Raw's purity and wholesomeness make it the perfect zero-calorie complement to Sugar In The Raw.

What makes Stevia In The Raw different from other stevia sweeteners?

Unlike some of our competitors, Stevia In The Raw derives all its sweetness from the stevia extract. Other leading stevia brands (Truvia™, PureVia™) include ingredients like erythritol and isomaltulose, which contribute additional sweetness to their products. The high purity level of our product (Stevia In The Raw has the highest Reb-A content of the branded stevia sweeteners available today) eliminates the need to "mask" any unappealing aftertaste that may be present in less pure stevia products.

Dextrose is listed as an ingredient on the Stevia In The Raw single serving packet and maltodextrin is listed on the bulk Baker's Bag. What are these?

Both dextrose and maltodextrin are natural carbohydrates derived from corn. Described as "bulking agents," they are used to dilute the very potent stevia sweetener to make it measurable for consumers.

Who manufactures Stevia In The Raw?

Stevia In The Raw is made by Cumberland Packing Corp., a family owned business based in Brooklyn, New York. The third generation company also manufactures Sugar In The Raw® Natural Cane Turbinado Sugar.

Does Stevia In The Raw conduct animal testing?

No. Cumberland Packing Corp., the manufacturer and distributor of Stevia In The Raw, does not participate in any animals testing.



Health and Safety

Is Stevia In The Raw safe?

Yes. Stevia In The Raw is 100% natural and safe. Stevia products currently on the market are "Generally Recognized As Safe" (GRAS). According to the U.S. Food and Drug Administration (FDA), to be GRAS there must be "a reasonable certainty in the minds of competent scientists that the substance is not harmful under its intended conditions of use." Stevia is recognized to be safe for the general population – including pregnant and breastfeeding women – and could not have been allowed in foods and beverages if a rigorous and thorough safety evaluation had not been demonstrated. In addition, stevia has a long history of use as an approved dietary supplement that proceeds its GRAS status as a food ingredient.

Is Stevia In The Raw recommended for people with diabetes?

Stevia In The Raw can help people with diabetes meet their dietary goals by reducing carbohydrate intake without sacrificing taste. Stevia In The Raw contains 1 gram of carbohydrate per serving and can be used in conjunction with food exchange programs. Please note that using Stevia In The Raw is not a substitute for a medically approved meal plan for people with diabetes and a health care professional should always be consulted before making any dietary changes.

Can Stevia In The Raw help me lose weight?

Stevia In The Raw is a simple substitution that reduces calories from added sugars in foods and beverages. Stevia In The Raw is a simple tool to help reduce calories and, when combined with a proper diet and regular physical activity, can result in weight loss. Substituting just 3 teaspoons of sugar a day with Stevia In The Raw cuts more than 300 calories per week, which can result in roughly a 4-pound weight loss over a year's time.

Is Stevia In The Raw truly "zero-calories?"

Stevia In The Raw contains fewer than 2 calories per packet. According to labeling regulations established by the U.S. Food and Drug Administration, products containing fewer than 5 calories per serving must be labeled "zero." Stevia In The Raw Cup For Cup Baker's Bag product also contains less than 2 calories per 1 teaspoon-sized serving; there are 84 calories per cup.

