

## What are the ingredients in Zsweet®?

Zsweet® is a blend of erythritol (ee-rith-ri-tol) and natural fruit extracts as flavor enhancers. It is our proprietary blend that makes Zsweet® taste so good. Zsweet® contains no artificial components, not even in trace amounts.

## What is erythritol?

While the name might sound very scientific, erythritol is in fact all natural. Erythritol naturally occurs in fruits like grapes, melons, pears, and even your own body.

While naturally found in fruits and vegetables, erythritol is also present in common fermented foods (wine, soy sauce, and cheese) and may be produced by using natural food cultures (see

description below). Since 1990, erythritol has been commercially produced and added to foods and beverages to provide sweetness as well as enhance their taste and texture.

## How does Zsweet® digest differently than other sweeteners and why is that a good thing?

Unlike other sweeteners, Zsweet® is absorbed and requires minimal digestion, significantly reducing intestinal distress and eliminating laxation when used at recommended amounts. Because erythritol is such a small sugar-free ingredient and is very easily absorbed, it is not recognized in our bodies as a suitable source for energy or calories. The result is 0% increase in blood sugar (zero glycemic impact).

