

Frequently asked questions...



What is Zsweet®?

Zsweet® is the first all natural, truly zero calorie, zero glycemic sugar alternative that tastes great! Zsweet® brand sweetener is both healthy and natural. And the best part is, it looks and tastes like real sugar!

Is Zsweet® a safe alternative for diabetics and those with blood sugar issues?

Yes. According to a recent human study from Glycemic Index Laboratories, when tested, a serving of Zsweet® did not increase blood sugar or insulin levels, therefore making it a safe natural alternative to sugar or artificial sweeteners in a healthy diabetic diet. (For more information on how Zsweet® is absorbed rather than digested, please see *The Art of Making Zsweet®*)

What is the difference between Zsweet® and the other sugar substitutes?

The biggest difference is Zsweet's® winning taste and texture! Zsweet® measures, looks, and pours just like sugar. Zsweet® does not contain ANY chemically altered materials or ingredients. It contains no artificial ingredients, fiber or bulk that can be irritating during digestion. Zsweet® is recognized by the FDA as a food (as is sugar), whereas Stevia is classified as a supplement.

How do you use it?

Zsweet® is ideal for baking, cooking, and to sweeten hot or cold beverages. Zsweet® is a great replacement for sugar in mixed drinks, as a topper on cereal or fresh fruit, and in your favorite recipes.

How do I bake with Zsweet®?

Zsweet® can easily be substituted for regular sugar in baking, it measures equal to sugar, a cup for a cup. Zsweet® acts like sugar with normal melting and browning.

Where can I buy Zsweet®?

You can buy Zsweet® online at www.Zsweet.com or ask for it at your nearest Natural products retailer such as Whole Foods Market.