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## STEVIA REBAUDIANA – STEVIA



*Stevia rebaudiana*, also known as sweet leaf, honey herb, or just Stevia, is a perennial, herbaceous plant that grows naturally in the subtropical highlands between Brazil and Paraguay. There, it was used for centuries by the Guarani Indians as a means to sweeten their bitter mate tea. Today, **Stevia is considered the best natural and calorie-free sweetener.**

The subtropical plant can grow up to 70-100cm tall, with white flowers on cymes. It belongs to the Asteraceae family. Stevia produces the sweet compound Steviaglycoside, which was first discovered in 1931 in the leaves of the plant.

Steviaglycoside and rebaudioside, another compound found in the plant, are up to 30 times sweeter than sugar and have many advantages over synthetic sweeteners. They can be obtained from the plant thus without harmful solvents. They are natural products and the leaves can be used themselves. In addition, they have no calories. In contrast to the artificial sweetener Aspartame, Stevia is temperature-stable and therefore can be used for cooking and baking. The leaves can also be stored for years in a dried state.

In general, it can be said that Stevia is an ideal sweetener for people with diabetes, eczema or lactose intolerance. For children, it has proven to be a much healthier option than sugar. Children can easily switch from sugar to stevia, which is better for oral health. In fact, a plaque-inhibiting effect was observed in Stevia.

Several scientific studies have shown that Stevia has antihypertensive, antimicrobial and vasodilator properties. Stevia is especially good for diabetics because it does not raise blood sugar levels.



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Stevia was also used in traditional drug regimens in Brazil and Paraguay. The indigenous people of South America called it Caá-he-é used to strengthen the heart and avoid high blood pressure and heart burn.

The first scientific studies on Stevia were conducted in 1888, when the botanist Bertoni migrated to America and reported on the sweet plant that the Guarani people used as both tea sweetener and remedy. Stevia was grown industrially for the first time in the 1960s in Paraguay and Brazil, shortly followed by Korea and Japan. Japan has become one of the largest consumers of Stevia with a market share of over 40% of the sugar substitutes. Consumption of Stevia in Japan grew especially after 1964, when the government forbade the sale of artificial sweeteners because of adverse health effects. Today, Stevia is found in Japanese convenience foods, pickled seafood, candy, chewing gum, soysauces and beverages.

In 2011, Stevia was approved in Europe as a food additive. In addition, in 2004 and 2007 a WHO working group confirmed the safety of *Stevia rebaudiana* and the extracts produced there from.

## PRODUCTION

Since 2001 *Stevia rebaudiana*, as well as other herbs, has been successfully cultivated at the “Land of the Medicine Buddha”, OneWorld’s own herbal farm. The noble **Stevia leaf** has been cultivated using bio-dynamic farming methods, and so, after inspection and certification from IMO Switzerland and Demeter International, they can now carry the **Organic and Demeter logos**. Carefully handpicked, and gently dried in the shade, the leaves and fruit retains all of its healing properties. The herbs are then selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorldalc is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Stevia leaves of the highest quality as a true **LOHAS product**.

## OUR PRODUCTS CONTAINING

Stevia can be found in our following teas “**Gut Drauf Sein**”

The raw leaves can be purchased unmixed on request.