

Sunectar and SunnyDew

In 1995, Sunrider International of Torrance, California, petitioned and received approval from the FDA for Stevia to be sold as a dietary supplement. The safety of Stevia is well documented. Its reported benefits of balancing blood sugar and helping with blood pressure and cholesterol are heavily researched. However, Stevia sold as a dietary supplement should never be used in place of any medication.

Sunrider International introduced *Sunectar* to the market in October 1985. This very concentrated, water-based solution of *Stevia rebaudiana* is combined with Chrysanthemum for the benefit of nourishing the body.

In July 1996, Sunrider introduced a new dietary supplement called *SunnyDew*. This clear, concentrated dietary supplement is Stevia based yet has added citrus bioflavonoids for even greater anti-oxidant qualities. *SunnyDew* is the first clear water-based Stevia liquid in the marketplace. Other clear liquids may be alcohol-based and are not nearly as concentrated as is *SunnyDew*.

SunnyDew and *Sunectar* can be added to water, hot or cold beverages or drink mixes like NuPlus. Their pleasant sweet taste and convenient one ounce bottle make them easy to use.

Many people suffer with cravings for sweets. This is often reflected in their size and shape. We often succumb to the desire for sweets and justify it with low calorie or no-calorie sugar substitutes that satisfy the basic need for sweetness. *SunnyDew* and *Sunectar* are not sweeteners nor are they to be consumed as sweeteners or sugar substitutes. Rather they are dietary supplements that satisfy the basic demand for sweetness, yet do not create a state of imbalance.

According to Durk Pearson and Sandy Shaw in their famous book, *Life Extension: "Problems can develop when individuals chronically eat large amounts of sugar. When common table sugar (sucrose a simple sugar) is eaten, the pancreas, to metabolize the sucrose quickly releases insulin. The sugar is quickly used up, but the insulin remains in circulation for hours afterward because it has a much longer half-life (the length of time it takes for the concentration in the blood to drop by half that of the sugar). The insulin can lead to a hypoglycemic rebound because the circulating insulin continues to keep blood sugar down, even though the original sugar meal which caused the insulin to be released has been used."*

Books such as *The Zone*, by Barry Sears, discuss the problem of too many carbohydrates and the difficulty the body has in dealing with the insulin hormone. It is Sears' belief that too many carbohydrates affect weight and lead to the poor physical condition of our country today.

Though recognized as simple or complex, all carbohydrates eventually become simple with the help of the pancreas. Too many carbohydrates for many people create an imbalance that affect their weight, size, shape and even health as reflected by blood pressure and cholesterol. A number of Brazilian studies have shown that blood glucose was lowered after four weeks of continuous use of *Stevia rebaudiana*. Therefore, Stevia may be beneficial to a large number of people that either eat too many carbohydrates or have a body that can't handle the amount consumed. All of the simple carbohydrates we consume today as well as the artificial sweeteners tend to confuse the pancreas, thus creating an imbalanced state. The pancreas is a large gland that secretes a digestive fluid into the intestine and also secretes insulin. Proper levels of sugar in the blood are important for mental clarity, energy, muscle recovery, and proper metabolism of fats.

There was an interesting study done in Brazil that showed a “9.5% lowering of systolic and diastolic blood pressure” in a group of subjects ranging in age from 20-40 years. This also corresponds with Barry Sears reports of irregular blood pressure from poor metabolism of carbohydrates. Paulette Caster, in her book *Balanced for Life*, makes a clean and distinctive difference between grain carbohydrates and vegetable carbohydrates. It is important to keep the quantity of carbohydrates in a reasonable range. The source needs to be balanced to give the pancreas a chance to handle the flow.

In summary, *Stevia rebaudiana* may be helpful for the following:

- Regulating blood sugar
- Improving pancreas activity
- Better glucose balancing
- More even energy flow
- More consistent blood pressure
- Improving muscle density
- Better and faster muscle recovery after exercise
- Improving ability of body to burn fat
- Improving thinking capacity
- Lessening tissue degeneration
- Balancing the ups and downs of energy levels

SunnyDew and *Sunectar* nourish and balance all aspects of our energy activity, bringing harmony and balance as well as nourishment to the pancreas. It is also important to recognize that, like all Sunrider products, *SunnyDew* and *Sunectar* are part of a balanced nutritional approach to a healthy lifestyle. Its real value is from consistent use. The convenience of *SunnyDew* and *Sunectar* help make our choice for better health more attainable.