

SWEETENER COMPARISON CHART

	SMOOTHIE KING STEVIA-BASED SWEETENER	SWEET N LOW	EQUAL	SPLENDA	SUGAR IN THE RAW	TRUVIA	SPLENDA NATURALS	STEVIA IN THE RAW	PUREVIA
Serving Size (g)	1	1	1	1	1	1	1	1	1
Calories (g)	0	<4	0	0	4	0	0	0	0
Total Fat	0	0	0	0	0	0	0	0	0
Sodium	0	0	0	0	0	0	0	0	0
Carbs (g)	1	.9	<1	<1	1	1	1	<1	<1
Sugar	0	0	<1g	<1g	1g	1g erythritol	1g erythritol	0	<1g
Contains Stevia	✓					✓	✓	✓	✓
Contains Artificial Ingredients		✓	✓	✓					
Contains Dextrose		✓	✓	✓		✓	✓	✓	✓
Contains Erythritol	✓					✓	✓		
Contains Other Natural Flavors	✓					✓			✓
Ingredients	erythritol, stevia leaf extract, natural flavors	saccharin, cream of tartar, calcium silicate, dextrose	aspartame, acesulfame, potassium, dextrose, maltodextrin	sucralose, dextrose, maltodextrin	turbinado	erythritol, stevia leaf extract, natural flavors	stevia leaf extract (Reb D), erythritol	stevia leaf extract, dextrose or maltodextrin	stevia leaf extract (Reb A), dextrose, natural flavors