



## Sweet Nature Xylitol Birch sugar

- As sweet as sugar, 40% fewer calories
- Kind to teeth
- Keeps blood sugar levels low
- Low glycemic index of 7

Table sweetener based on xylitol.

Birch sugar, also known as Xylit or Xylitol, is a natural plant-based sweetener found in many types of vegetable and fruit and in high-fibre plants. Our birch sugar is mainly obtained from birch wood and beech wood in a very complex process. Although birch sugar looks like and tastes almost the same as household sugar, it has 40 percent fewer calories - a clear advantage in terms of weight-controlled diets! With a glycemic index of 7, our birch sugar only allows small increases in blood sugar levels, which makes it also suitable for diabetics. Clinical studies have also proven that Xylitol is kind to teeth and protects against tooth decay.

The following statements on Xylitol birch sugar have been confirmed by the EFSA (European Food Safety Authority):

- The consumption of food and drinks that contain Xylitol instead of sugar results in the blood sugar level increasing less than after the consumption of food and drinks containing sugar.
- The consumption of food and drinks that contain Xylitol instead of sugar contributes towards the maintenance of tooth mineralization.

Average nutritional values	per 100 g
Calorific content	1000 kJ/ 240 kcal
Fat	0 g
Carbohydrate	99.8 g
- of which sugars	0.2 g
- of which polyhydric alcohols	99.6 g
Protein	0 g
Salt	0 g

**Ingredients:** 100% sweetener Xylitol.

Tabletop sweetener based on xylitol.

For food, limited use, with sweetener.

A varied and balanced diet and a healthy lifestyle are important.

Consumption by children under the age of 3 is not recommended, but adults should also change over to this sugar slowly because excessive consumption of Xylitol can have a laxative effect.

### Contents 1 kg

Art. No. 459

Fo0819