

## ***Sweet Spot: I Can't Believe It's Not Sugar***

Most health advisors consider sugar to be a health detriment almost on par with smoking. One could even argue that excessive sugar consumption is one of the factors in the obesity crises. Take a walk down the cereal aisle in any grocery store and you'll find it to be nearly impossible to find a single children's cereal that doesn't have sugar, high fructose corn syrup, artificial flavor or coloring. The average American consumes over two hundred pounds of sugar every year. Over the course of a lifetime, we literally consume tons of sugar.

The list of harmful effects that are directly caused by sugar, or serious and chronic medical conditions that are exacerbated by sugar consumption is enormous. A simple Google search of sugars effects will reveal hundreds of articles with titles like, "6 Major Conditions Caused by Sugar", or "146 Reasons to Avoid Sugar".

Some of the most common, and the most serious are:

- Sugar can increase the risk of diabetes.
- Sugar can cause acne and exacerbate other skin conditions
- Sugar can increase the risk of heart disease.
- Sugar may cause, or worsen, emotional imbalances like depression, bio-polar disorder, and ADHD.
- Sugar can increase the risk of yeast infection.

- Sugar may increase the risks of many forms of cancer.
- Sugar is a major contributor to the obesity epidemic.

If sugar were removed from the American diet, and not replaced with a toxic chemical substitute like aspartame or Splenda, the benefits would be astounding.

That is why I wish to educate you on a sugar substitute that helps rather than harms. It's called **Sweet Spot**. It's a 1:1 sugar substitute that has only one calorie per one teaspoon. While the name is catchy, and the product is new, the ingredients are not. **Sweet Spot** is a proprietary blend of five distinct sweeteners that lend the strengths of each together to form a stand-alone sweetener that can be used exactly like sugar.

The five ingredients are: xylitol, erythritol, mannitol, Lo Han Guo and fructooligosaccharides.

**Xylitol** is a sweetener that occurs naturally. It can be found, for instance, in berries, fruit, vegetables and mushrooms. The Finnish name for it, "koivusokeri", or "birch sugar", derives from the fact that the best way to make xylitol industrially is from birch, by chopping up and rendering down the structural fiber of the wood, xylan.

**Erythritol** is another sugar alcohol made from fermenting corn and is considered by many doctors and nutritionists to be the healthiest, safest and lowest-calorie sugar alternative out of all sugar alcohols used as sweeteners. In 1999, erythritol was reviewed by the WHO/FAO Joint Expert Committee

on Food Additives and was given the highest food safety grading possible

**Mannitol** is also a sugar alcohol widely used in the food and pharmaceutical industries because of its unique functional properties. It is about 50% as sweet as sucrose and has a desirable cooling effect often used to mask bitter tastes. Mannitol is non-cariogenic and has a low caloric content. Mannitol is suitable for ingestion and has been used safely around the world for over 60 years.

**Lo Han Guo** is a sweetener made from a Chinese fruit that has been used for hundreds, if not thousands of years for medicinal purposes, particularly to treat cough and sore throat. The fruit (guo, a term used mainly for gourd-like fruits) is named after the luohan, which are advanced Buddhist practitioners who used the fruit to flavor teas during hot weather because the fruit had a cooling flavor.

**Fructooligosaccharides (FOS)** refers to a class of non-digestible carbohydrates or sugars that occur naturally in a wide variety of foods throughout the plant kingdom. Since they are non-digestible, they pass through the human digestive virtually unchanged. When the fructooligosaccharides reach the colon, they are used by the good or beneficial bacteria found there (known as bifidobacteria or bifidus) for growth and multiplication. A healthy population of these beneficial bacteria in the digestive tract enhances the digestion and absorption of nutrients, detoxification and elimination processes, and helps boost the immune system.

By utilizing and balancing the various properties of the five ingredients, an almost perfect sugar substitute is attained. By having a flavor as sweet as sugar, but without the calories, without the tooth decay, without the immune system compromise, and all of the other negative effects associated with sugar and other chemical sweeteners.

Because of the various properties of the blend, **Sweet Spot** can be used in all of the ways sugar is typically used, such as baking, cooking, and as an added sweetener in beverages.

It is also safe for diabetics because of its low value on the glycemic index (which is near zero) and is also ideal for people looking to lose weight without giving up sweeteners because of its low caloric value. In extremely rare cases Sweet Spot can cause loose bowels.

Now you can finally enjoy sweets without the heavy costs associated with other sweeteners. **Sweet Spot** is the perfect complement to a healthy diet and lifestyle so that you can get more joy out of eating right.

To order **Sweet Spot**, you can either call our Center where we can have it shipped right to your door, or you can go on our website:  
[www.nutrikon.com/store](http://www.nutrikon.com/store)

For any other questions or information, you can always contact us at the number and address below.



**4789 Vineland Ave.  
Toluca Lake, CA 91602**

**(818) 761-1661**  
**[www.nutrikon.com](http://www.nutrikon.com)**