

Recommended Use: Use **Lo Han Sweet®** to enhance taste. Mix with tea, coffee or other beverages, desserts and foods as desired.

Lo Han Guo is the fruit of *Momordica grosvenorii*, a plant cultivated in the mountains of southern China. Mogrosides, which are water extracted from the Lo Han fruit, offer a pleasant taste, without affecting blood sugar.

Lo Han Guo Mogrosides are up to 250x sweeter than sugar.

Xylitol is as sweet as sugar, having 40% less calories.

Xylitol is a sweet-tasting, naturally-occurring polyol (which is a type of carbohydrate) that has a distinct cooling sensation in the mouth. Xylitol is metabolized differently from conventional sugar, and does not have the same effects as ordinary table sugar: moreover, it has fewer calories. **Inulin-FOS** (FructoOligoSaccharides) is a highly-soluble fiber.

Lo Han Sweet® advantages:

- **Low Glycemic Index.**
- **Heat Stable:** Very stable under high temperature, and can be added to hot as well as cold foods. Suitable for cooking and baking.
- **Low Calorie:** 2 Calories per 2 g serving (about 1/2 teaspoon).

Keep out of the reach of children.

For human consumption only.

Lot #. Best Used Before:

Jarrow
FORMULAS

All Natural • Great Tasting

Lo Han Sweet®

Lo Han Guo
& Xylitol

Lo Han Fruit Juice Concentrate

NET WEIGHT

2.8 oz (80 g)
POWDER



Nutrition Facts

Serving Size 2 Scoops (2 g)
Servings Per Container 40

Amount Per Serving

Calories 2

% Daily Value*

Total Fat 0 g 0%

Trans Fat 0 g

Sodium 0 mg 0%

Total Carbohydrate 2 g 1%

Dietary Fiber 1 g 4%

Sugar 0 g

Sugar Alcohol 1 g

Protein 0 g 0%

Not a significant source of calories from fat, saturated fat, cholesterol, sugars, vitamin A, vitamin C, calcium and iron.

* Percent Daily Values are based on a 2,000 calorie diet.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

11313LOHAN PROD # 114067



© 2013 **Jarrow FORMULAS®**

Active Ingredients: Inulin-FOS (FructoOligoSaccharides), xylitol, and MogroPure® (*Momordica grosvenorii*, Lo Han fruit juice concentrate).

Other Ingredient: Silicon dioxide.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.