

## SUGAR ALCOHOL & SWEETENER COMPARISON

Sweetener	Sweetness	Glycemic Index	Calories/g	Net Carbs
Erythritol	70%	0	0.2	0g
Xylitol	100%	12	2.4	2g
Sorbitol	60%	9	2.6	2g
Maltitol (Syrup)	85%	52	3.0	3g
Isomalt	50%	2	2.0	2g
Stevia*	200x	0	0	0g
Monk Fruit*	150x	0	0	0g
Table Sugar	100%	65	4.0	4g

\*Non-sugar alcohol natural sweeteners included for baseline comparison.

Note: Individual responses to sugar alcohols may vary regarding digestion and blood glucose impact.