

Our sweeteners help you replace processed sugar with a zero-calorie, delicious, natural alternative.

|         | Stevia Conversions              |                                       |                                     |   |  | Monk Fruit Conversions                 |                                     |                                     |                                    |
|---------|---------------------------------|---------------------------------------|-------------------------------------|---|--|--|-------------------------------------|-------------------------------------|------------------------------------|
|         | SweetLeaf•<br>Stevia<br>Packets | SweetLeaf*<br>Stevia Powder<br>Shaker | SweetLeaf<br>Sweet Drops<br>Dropper | SweetLeaf*<br>Sweet Drops<br>Squeezable | SweetLeaf*<br>Stevia Extract<br>Powder | SweetLeaf*<br>Monk Fruit<br>Squeezable | SweetLeaf•<br>Monk Fruit<br>Dropper | SweetLeaf-<br>Monk Fruit<br>Packets | SweetLeaf-<br>Monk Fruit<br>Powder |
| 1 Tsp   | 1/2 packet                      | 1/8-1/10 tsp                          | 5 drops                             | 1 squeeze                               | 25 mg                                  | 1 squeeze                              | 5 drops                             | 1 packet                            | 1 tsp                              |
| 2 Tsp   | 1 packet                        | 1/4-1/5 tsp                           | 10 drops                            | 2 squeezes                              | 50 mg                                  | 2 squeezes                             | 10 drops                            | 2 packets                           | 2 tsp                              |
| 1 Tbsp  | 1-1/2 packets                   | 1/3 tsp                               | 15 drops                            | 3 squeezes                              | 75 mg                                  | 3 squeezes                             | 15 drops                            | 3 packets                           | 1 tbsp                             |
| 1/2 Cup | 12 packets                      | 1 tbsp                                | 1 tsp                               | 24 squeezes                             | 1/8 tsp                                | 24 squeezes                            | 1 tsp                               | 24 packets                          | 1/2 cup                            |
| 1 Cup   | 24 packets                      | 2 tbsp                                | 2 tsp                               | 1 bottle                                | 1/4 tsp                                | 48 squeezes                            | 2 tsp                               | 48 packets                          | 1 cup                              |
| 2 Cups  | 48 packets                      | 4 tbsp                                | 4 tsp                               | 2 bottles                               | 1/2 tsp                                | 1 bottle + 16<br>squeezes              | 4 tsp                               | 96 packets                          | 2 cups                             |