



Birch Sugar 30x10 g Sticks Superfoods Drasanvi

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Description

Birch sugar, also known as xylitol, is a delicious sugar substitute. It is sourced from birch bark but it can also be extracted from other plants. It has a refreshing taste very similar to sucrose. The difference between this and sugar is that it has 40% fewer calories and a glycaemic index around 7 (compared to 64 for sugar). In addition to its pleasant taste and low glycaemic index, it also helps maintain healthy teeth and contributes to their mineralisation.

Ingredients

Birch sugar (Xylitol) (*Arthorospira platensis*)

Directions

Use as sugar substitute.

Presentation

Contains 30 sticks of 10g. Net weight 300 g (10.58 oz)

Warnings

Store in a cool, dry place.

Additional Information

Low glycaemic index

The glycaemic index indicates the amount of carbohydrates a product releases. Products with a high glycaemic index have a high rate of absorption and give way to an abrupt change in carbohydrate levels in the blood. On the other hand, products with a low glycaemic index release carbohydrates over a longer period of time, helping keep sugar levels in the blood more constant.

Finnish origin

Drasanvi's Superfood Birch Sugar is sourced in Finland.

Nutrition Facts

per 100 g

Ingredients	%/100 g	Quantity/100g
Fats	0%	0 g

of which are saturated	0%	0 g
Carbohydrates	100%	100 g
of which are sugars	0,2%	0,2 g
of which polyols	99,8%	99,8 g
Fibre	0%	0 g
Proteins	0%	0 g
240 Kcal · 1000 KJ		

Allergen Information

Allergen-free

Certifications

