



CONSUMER FACT SHEET



Zevia beverages are made with stevia, a sweet little miracle of nature. Originally found in Paraguay 200 years ago, this small shrub, native to the sunflower family, provides 300 times the sweetness of sugar – without the calories! With Sodas, Organic Teas, Energy Drinks, Sparkling Waters, Cocktail Mixers, and Kidz Sparkling Drinks, there’s a beverage for every member of the family!

Leafing Through the Facts

47%  According to the Dietary Guidelines 2015-2020, 47% of added sugar consumption comes from beverages (not milk or 100% fruit juice). That’s almost half of all added sugar intake!¹

The American Heart Association recommends keeping daily added sugar intake to no more than:

6 teaspoons (25g) of sugar for women	9 teaspoons (36g) of sugar for men ²
	

 A conventional 20 oz soda bottle contains about 70 grams of sugar. That’s **2 to 3 times** the recommended daily intake for added sugars!

Excessive sugar intake has been linked to diabetes, heart disease, tooth decay, and weight gain.³ 

 Some food and beverage brands have started using less processed sugars, like honey or fruit juices. Although these sugars might seem like better sources, they react similarly in the body to conventional sugar.

Some manufacturers opt for artificial sweeteners that provide the sweetness without the calories. However, many shoppers aim to avoid artificial sweeteners. 



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Stevia won't raise your blood sugars!
Zevia contains no artificial sweeteners or sugar alcohols. All Zevia beverages are zero sugar, zero calories.^{4,5}



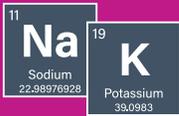
Stevia does not promote tooth decay or cavities.^{6,7}



For those concerned about their caffeine intake, Zevia offers several varieties of caffeine-free beverages. If you prefer the pick-me-up, we've got one for you, too!



Zevia beverages have no phosphorus, sodium, potassium, or calcium additives. There is no phosphoric acid in our beverages.



HOW WE STACK UP DIET SODA

NON-GMO PROJECT VERIFIED	✓	
NO ARTIFICIAL SWEETENERS	✓	
NO ARTIFICIAL PRESERVATIVES	✓	
NO ARTIFICIAL FLAVORS	✓	
NO ARTIFICIAL COLORS ⁽¹⁾	✓	
NO CARAMEL COLOR ⁽²⁾	✓	
NO PHOSPHORIC ACID ⁽³⁾	✓	
NO BROMINATED VEGETABLE OIL (BVO) ⁽⁴⁾	✓	
NO SYNTHETIC CAFFEINE	✓	
VEGAN	✓	
CERTIFIED GLUTEN FREE	✓	
ZERO SODIUM	✓	
CERTIFIED KOSHER	✓	IT DEPENDS ✓

1. In comparison to fruit flavored conventional sodas
2. In comparison to "brown/tan" conventional diet sodas like colas, root beers, "Dr." products, ginger ales, cream sodas, etc.
3. In comparison to conventional diet sodas like colas and "Dr." products
4. In comparison to conventional "Mountain" products



Specific dietary recommendations should be made based on individual patient needs, per clinical judgement of the healthcare provider. This information does not take place of specific recommendations of the Registered Dietitian or Physician.

Sign up for our newsletter to be the first to hear about the latest in the Zevia community. Visit www.zevia.com for details.



Kristina Cooke, RD
Health and Wellness Program Manager at 

“As a dietitian in the hospital setting, I'd recommended Zevia for years. It's great for most anyone monitoring their blood sugars, preventing excessive weight gain, or limiting electrolyte additives. Plus, there's no artificial ingredients!”

Sources:
1 - <https://health.gov/dietaryguidelines/2015/guidelines/chapter-2/a-closer-look-at-current-intakes-and-recommended-shifts/#figure-2-10-desc-toggle>
2 - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>; 3 - <https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html>
4 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3845854/#!po=75.0000>; 5 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770957/>
6 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6236052/>; 7 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6274104/>