



GLOSSARY

Glycosides: Organic compounds that occur abundantly in plants. The glycosides are the sweetest component of the stevia leaf.

Rebaudioside A (Reb A): A pure extract, the best-tasting of the steviol glycosides found in the stevia plant. Rebaudioside A is almost identical in chemical structure to stevioside and the body breaks it down into the same basic parts. This means that the extensive body of safety data on stevioside can be applied to Rebaudioside A.

Reb A: A pure extract, the best-tasting of the steviol glycosides found in the stevia plant. Rebaudioside A is almost identical in chemical structure to stevioside and the body breaks it down into the same basic parts. This means that the extensive body of safety data on stevioside can be applied to Rebaudioside A.

Stevia : Stevia typically refers to a crude preparation (powder or liquid) made from the leaves of the stevia plant. Such preparations contain a mixture of many components, not just those that give a sweet taste to the leaf.

Stevia Extracts: Stevia extract (stevioside) consists of several components. They contain a low amount of Reb A and includes other compounds that may cause anticipated effects.⁵⁶

Steviol: A substance produced by the body when it breaks down steviol glycosides.

Stevia Glucuronide: A substance produced by attaching glucuronic acid to another substance with glycosidic bonds. The glucuronides belong to the glycosides.

Steviol Glycosides: The sweet components of the stevia leaf. There are various kinds of steviol glycosides, but the two most abundant types are stevioside and Rebaudioside A.

Steviosides: The most plentiful of the steviol glycosides found in the stevia plant. Stevioside has been extensively studied over the past several decades.

Acceptable Daily Intake (ADI): The amount of a specific substance that can be ingested over a lifetime without an appreciable health risk. The ADI is usually expressed in milligrams/kilogram body weight per day. Additionally, there is a 100-fold safety factor.

Generally Recognized as Safe (GRAS): An expression used by the U.S. Food and Drug Administration to mean a substance that has been determined by qualified experts to be

safe under intended conditions of use based on published literature. Examples of GRAS ingredients include vanilla, cinnamon, mustard, licorice, plant sterols and glucosamine.

GRAS Status: Establishing that an ingredient is Generally Recognized as Safe for use in a food or beverage based on scientific data, general availability of that scientific data and consensus among the community of relevant scientists regarding the safety of the ingredient.

GRAS Determination: Opinion by competent scientists that a substance is not harmful under conditions of its intended use based on publically available safety data.

GRAS Notice: Detailed information summarizing the identity, manufacturing, intended use, functionality and safety data supporting the request for GRAS status.

GRAS Panel: A panel of qualified experts that reviews the safety data for a substance and determines if the substance is GRAS under the intended conditions of use.

No Objection Letter: Letter issued by the FDA after review of the GRAS notice indicating the agency has no objection to the GRAS notice for a substance.

Intended Conditions of Use: The specific foods and levels at which the substance will be used in these foods.

JECFA: The World Health Organization's Joint Expert Committee on Food Additives. An international scientific expert committee that evaluates the safety of food additives.

No Observed Adverse Effect Level (NOAEL): In a safety study, the greatest amount of a substance that has no negative effect on a living substance's appearance, ability to function, growth, development or life span compared to untreated subjects.

No Observed Effect Level (NOEL): In a safety study, the greatest amount of a substance that has no effect on a living subject's appearance, ability to function, growth, development or life span compared to untreated subjects.

Peer-Reviewed: Term used to describe scientific journals in which articles are reviewed by independent experts before being published.

Pharmacokinetics: The study of how the body absorbs, breaks down and eliminates substances.

Toxicology: The study of how increasing amounts of a substance affect living subjects.