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## Blyss 1kg Granular

# Blyss Natural Zero-GI Monk Fruit Sweetener User Manual

Model: 1kg Granular

## 1. PRODUCT OVERVIEW

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The Blyss Natural Zero-GI Monk Fruit Sweetener is a premium, naturally derived sugar substitute designed for a healthier lifestyle. This 1kg granular blend combines pure monk fruit extract (mogrosides) with erythritol, offering a balanced sweetness without the calories or glycemic impact of traditional sugar. It is an ideal choice for individuals following keto, diabetic, vegan, or low-carb diets, and for anyone seeking a natural, zero-aftertaste sweetener.



Figure 1: Front view of the Blyss Natural Zero-GI Monk Fruit Sweetener 1kg granular bag.

## 2. KEY FEATURES AND BENEFITS

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- **Pure Monk Fruit Blend:** Formulated with monk fruit (mogrosides) and erythritol in granular form, ensuring a clean and natural sweetness without inulin.
- **One-to-One Sugar Replacement:** Designed for convenience, it can be used as a direct 1:1 substitute for sugar in all your favorite recipes, beverages, and foods.
- **Zero Aftertaste:** Experience sweetness without any unpleasant bitter or cloying aftertaste, making it suitable for a wide range of culinary applications.
- **Zero Glycemic Index (GI):** Clinically tested to have a negligible glycemic response, making it an excellent choice for managing blood sugar levels and insulin.
- **Diet-Friendly:** This sweetener is vegan, vegetarian, keto-friendly, low-carb, and low-calorie, accommodating various dietary needs.

- **Safe for All:** Its natural composition makes it suitable for consumption by children, the elderly, diabetics, and individuals focused on insulin management.



Figure 2: Visual representation of key benefits including All Natural, Zero Carbs, No Aftertaste, Zero GI, and Keto + Diabetic Friendly.



Figure 3: Detailed comparison highlighting the differences between Monkfruit Sweetener and Regular Sugar regarding calories, glycemic index, sweetness, and health benefits.

### 3. USAGE INSTRUCTIONS

Blyss Natural Zero-GI Monk Fruit Sweetener is designed for ease of use in various culinary applications. Its granular form and 1:1 sugar replacement ratio make it highly versatile.

#### 3.1 General Use

- **Baking:** Substitute sugar directly with Blyss Monk Fruit Sweetener in equal amounts (1 cup sugar = 1 cup Blyss Sweetener). It retains its sweetness at high temperatures.
- **Beverages:** Stir into hot or cold drinks such as coffee, tea, smoothies, or lemonade to achieve desired sweetness.
- **Cooking:** Use in savory dishes, sauces, dressings, and marinades where a touch of sweetness is desired.
- **Desserts:** Perfect for sweetening yogurts, fruits, cereals, and other desserts.

## 3.2 Recommended Serving

A serving size is typically 4g (approximately 1 teaspoon), which provides 0 calories and 0g of sugar. Adjust according to your personal taste preference.



The image shows two small, light-colored ceramic bowls filled with white granulated sweetener. The bowl on the left is labeled 'MONKFRUIT Sweetener' and the bowl on the right is labeled 'REGULAR SUGAR'. Above the bowls is the Blyss logo, which consists of a stylized sun icon with a heart in the center and the word 'blyss' in a green, lowercase, sans-serif font.

**MONKFRUIT Sweetener**

- Calorie: Zero calories.
- Glycemic Index: Zero, does not spike blood sugar levels.
- Sweetness: 150-200 times sweeter than sugar.
- Natural: Derived from monk fruit, a small green gourd.
- Health Benefits: Suitable for diabetics, keto-friendly, may have antioxidant properties.
- Aftertaste: No after taste
- Stable at High Temperatures: Retains its sweetness when used in baking.
- Versatility: Can be used in a variety of dishes, from beverages to baked goods.

**REGULAR SUGAR**

- Calories: 16 calories per teaspoon.
- Glycemic Index: High, spikes blood sugar levels.
- Sweetness: Standard reference for sweetness.
- Natural: Derived from sugar cane or sugar beets.
- Health Concerns: Contributes to weight gain, tooth decay, and increased risk of chronic diseases such as diabetes and heart disease.
- Aftertaste: No aftertaste, familiar taste.
- Stable at High Temperatures: Retains its sweetness when used in baking.
- Versatility: Can be used in a variety of dishes, from beverages to baked goods.

Figure 4: Blyss Monk Fruit Sweetener being used with coffee and baked goods, demonstrating its versatility.

## 4. INGREDIENTS AND NUTRITIONAL INFORMATION

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Blyss Natural Zero-GI Monk Fruit Sweetener is composed of high-quality, natural ingredients.

### 4.1 Ingredients

Erythritol, Monk Fruit Extract.

### 4.2 Dietary Information

- Vegan

- Gluten Free
- Halal
- Paleo
- Sugar Free

### 4.3 Nutritional Information (per 4g serving)

Nutrient	Amount per Serving
Energy	0 Kcal (0 KJ)
Protein	0.0g
Total Fat	0.0g
Saturated Fat	0.0g
Trans Fat	0.0g
Cholesterol	0.0g
Carbohydrate	4.0g
Total Sugar	0.0g
Sugar Alcohol	4.0g
Dietary Fibre	0.0g
Sodium	1mg

*Note: Not a significant source of saturated fat, trans fat, cholesterol, dietary fibre, sugars, vitamin D, calcium, iron or potassium.*



Figure 5: Rear view of the product packaging displaying detailed nutrition information and ingredients.

## 5. STORAGE AND HANDLING

To maintain the quality and freshness of your Blyss Natural Zero-GI Monk Fruit Sweetener, please follow these storage guidelines:

- Store in a cool, dry place away from direct sunlight.
- Ensure the bag is sealed tightly after each use to prevent moisture absorption and maintain freshness.
- Avoid exposure to extreme temperatures.

## 6. SPECIFICATIONS

Attribute	Detail
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Attribute	Detail
Product Name	Blyss Natural Zero-GI Monk Fruit Sweetener
Form	Granular
Net Weight	1000 Grams (2.2 Pounds / 35.274 Ounce)
Product Dimensions	5.12 x 5.12 x 8.66 inches
Manufacturer	Blyss
ASIN	B0D69SN3PT
Country of Origin	China
Specialty	Sugar Free
Package Information	Bag

## 7. IMPORTANT SAFETY INFORMATION

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Please read the following important information before using the product:

- Statements regarding dietary supplements have not been evaluated by the U.S. Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
- While generally recognized as safe, excessive consumption of erythritol may cause digestive discomfort in some individuals. Start with smaller amounts and adjust as tolerated.
- Keep out of reach of small children.
- If you have any pre-existing medical conditions or are taking medication, consult with a healthcare professional before incorporating new dietary supplements into your diet.

## 8. SUPPORT AND CONTACT

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For further assistance, questions, or feedback regarding your Blyss Natural Zero-GI Monk Fruit Sweetener, please visit our official website or contact our customer support.

**Official Website:** [www.blyssfoods.com](http://www.blyssfoods.com)

**Manufacturer:** Blyss

**Globally distributed by:** Healing Movement Global Pte Ltd, 61 Kaki Bukit Avenue 1, Unit #08-38, Singapore.

We are passionate about helping you enjoy simple, balanced, sugar-free nutrition.

