

## HEALTH AND DIETARY QUESTIONS

### Is Monk Fruit In The Raw™ safe for people with diabetes?

Monk Fruit In The Raw can help people with diabetes meet their dietary goals by reducing carbohydrate intake. Monk Fruit In The Raw contains less than one gram of carbohydrate per packet (by food exchange measure). Monk Fruit In The Raw is not a substitute for a medically approved meal plan for people with diabetes and a health care professional should always be consulted before making any dietary changes.

### How many calories and carbohydrates are in a packet of Monk Fruit In The Raw™?

In our packet product, one packet (0.8g) of Monk Fruit In The Raw has less than 0.8 grams (0% DV) of carbohydrate and less than 3 calories, which the FDA considers dietetically zero calories per serving.

### What is the Glycemic Index (GI) value of Monk Fruit In The Raw™?

Glycemic Index (GI) is a measure of how fast carbohydrate foods are metabolized into glucose and thus affect blood sugar levels. Most sugar substitutes contain a very small amount of carbohydrates and are not classified as foods. Assigning a GI value to a sugar substitute is not a proper use of the GI concept.

### Is Monk Fruit In The Raw™ gluten-free?

Yes. Monk Fruit In The Raw contains no gluten nor does it come into contact with gluten-containing products, such as wheat, during its manufacture.

### Is Monk Fruit In The Raw™ safe for people with celiac disease?

Yes. Monk Fruit In The Raw is safe for people with celiac disease. Monk Fruit In The Raw contains no gluten nor does it come into contact with gluten-containing products, such as wheat, during its manufacture.

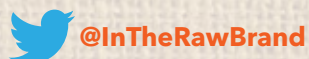
### Is Monk Fruit In The Raw™ vegan?

Yes. Monk Fruit In The Raw is vegan. It is an appropriate choice for people whose diet does not include any animal or animal by-products.

### Is Monk Fruit In The Raw™ kosher?

Yes. Monk Fruit In The Raw is certified Kosher by the Orthodox Union of America and exhibits the PARVE stamp on each box.

For more information, please visit  
[www.InTheRaw.com](http://www.InTheRaw.com)



# MONK FRUIT IN THE RAW™

100% NATURAL  
ZERO CALORIE  
SWEETENER

## FREQUENTLY ASKED QUESTIONS



### About Monk Fruit In The Raw™

Monk Fruit In The Raw™ is an all-natural zero calorie sweetener made from monk fruit, a naturally low-calorie, vine-ripened fruit native to Asia. The monk fruit extract, which is about 300 times sweeter than cane sugar, is blended with dextrose, a natural carbohydrate derived from corn, to create the perfect balance of sweetness so that it can be conveniently measured, poured and used as a substitute for sugar or other caloric sweeteners.

*\*Each packet contains less than 3 calories per serving, which the FDA considers dietetically zero.*





### Where is Monk Fruit In The Raw™ from?

Monk Fruit In The Raw gets its delicious sweet taste from monk fruit, a vine-ripened fruit, native to Asia. It was first harvested back in the 13th century by Arhats, or "Enlightened Ones" (translated into English as Monks). Monk Fruit In The Raw is packaged by Cumberland Packing Corp. in Brooklyn, NY, along with Sugar In The Raw® and Stevia In The Raw®.

### Why is the product called "In The Raw"?

Monk Fruit In The Raw brand sweetener is a 100% natural product made from monk fruit extract and a natural bulking agent. Its wholesomeness makes it the perfect addition to the rest of the 100% natural In The Raw family of products, including Sugar In The Raw®, Stevia In The Raw® and Agave In The Raw®.

### What makes Monk Fruit In The Raw™ different from other monk fruit products?

Unlike some competitor products, Monk Fruit In The Raw does not contain added granulated sugar, sugar alcohols (erythritol), or molasses. The main sweetening ingredient in Monk Fruit In The Raw is simply monk fruit.

### What is dextrose and why is it included in Monk Fruit In The Raw™?

Dextrose is a natural carbohydrate derived from corn. Many sugar substitutes in powder form contain dextrose because it is a natural ingredient and does not change the flavor of the sweetener in the blend. In Monk Fruit In The Raw, dextrose is used to dilute the very potent monk fruit extract, which is 300 times sweeter than sugar, to make it measurable for consumers.

### Where can I purchase Monk Fruit In The Raw™?

Please visit us at [intheraw.com](http://intheraw.com) and go to our 'Finding In The Raw' page to locate a retailer in your area or to purchase it [online](#).

### Who manufactures Monk Fruit In The Raw™?

Cumberland Packing Corp. manufactures Monk Fruit In The Raw. The family-owned, Brooklyn, NY-based company also markets Sugar In The Raw® 100% Natural Turbinado Cane Sugar, Stevia In The Raw® 100% Natural Zero Calorie Sweetener, and Agave In The Raw® 100% Natural Organic Agave Nectar.



## HOW TO USE IT

### How can I use Monk Fruit In The Raw™?

Use Monk Fruit In The Raw to sweeten all of your favorite beverages -- your tea, coffee, cocktails and more. It also blends well in yogurt and smoothies. Try it on cereal, oatmeal, or a piece of fruit. Whatever you do, just do it naturally with Monk Fruit In The Raw. Any recipe that calls for sugar can substitute Monk Fruit In The Raw as a sweetener, though some baking recipes will require a mixture of sugar to retain volume and texture. See below for our tips on baking with Monk Fruit In The Raw.

### Can you offer any baking tips for Monk Fruit In The Raw™?

In recipes for sauces, dressings and beverages, all the sugar can be replaced with Monk Fruit In The Raw. However, recipes for most baked goods require sugar for proper volume and texture. For best results, experiment by substituting half the amount of sugar in a recipe with the sweetening equivalence of Monk Fruit In The Raw. It's heat stable, so it is perfect for use in cooking and baking.

### What is the shelf life of Monk Fruit In The Raw™?

Monk Fruit In The Raw has a shelf life of approximate 3 years when stored under cool and dry conditions. Exposure to high humidity and/or temperatures may result in caking, but the product is still safe to consume.

