

Stevia / *Stevia rebaudiana*

Part consumed -
Leaves

Form consumed -
Powder, Decoctions,
cuisines, Teas

**Maximum daily
consumption by adults -**

Powder - 10 g

Composition

- Steviol
- Stevioside
- Rebaudioside A
- Quercetin
- Luteolin
- Apegenin



Indication as per Ayurveda

- Diabetes

Modern Clinical Studies

- Antidiabetic
- Anti-oxidative
- Hypotensive
- Nephro-protective
- Hepato-protective
- Antibacterial
- Antifungal