## Stevia / Stevia rebaudiana

Part consumed -

Leaves

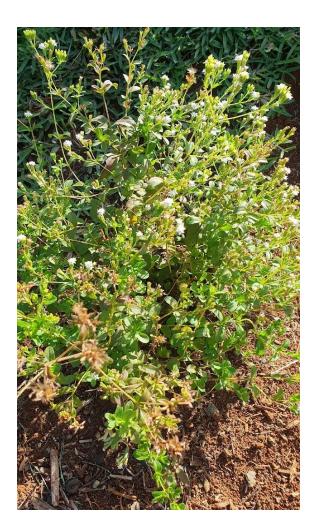
Form consumed -Powder, Decoctions, cuisines, Teas

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