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## Introduction to Agave Nectar & Product Specifications

### Agave Nectar has the following characteristics:

1) Since Agave Nectar is *high in fructose*, it enjoys all the benefits which continue to make fructose a preferred sweetening agent. It is sweeter than refined sugar (approximately 1.4 times sweeter). Fructose does not stimulate digestive insulin secretion as do other sugars. It is less disturbing to the glycemic index. In common parlance, it does not create a “sugar rush.”

2) Agave Nectar is produced in different grades varying in flavor and color.

The lighter grades of Agave Nectar are *flavor neutral*, enhancing the natural flavors of coffee, tea, fruit beverages, baked goods, fresh fruits, fruit smoothies, salad dressings, jams and jellies, ice cream, yoghurts, and various prepared foods, without altering their flavor. This is in marked contrast with bee honey, malt barley syrup, and certain other natural sugar substitutes that do alter the flavor of the products which they sweeten.

3) Agave Nectar will *not crystallize*. It is *high in purity* and *stable in composition*. It is easy to store as it has a very long shelf life, approximately three years.

4) Agave Nectar is easy to handle. Because of its *light viscosity*, it is easy to handle in an industrial setting and pours easily as a table-top sweetener. It will never harden in the bottle. Agave Nectar is *highly soluble* and dissolves readily in cold beverages such as lemonade or iced tea. Its light viscosity and solubility also make it ideal to sweeten cold cereals.

5) Agave Nectar is a *moisture retainer*. It increases the water retention properties of food. In bread and baked goods, it enhances product freshness due to its *hygroscopic* properties which act as humidifying agents, thereby increasing the shelf life of such products.

6) Glorybee Agave Nectar is *certified organic by QAI*. The Agave crops used in producing Agave Nectar are herbicide and pesticide free. Growers that supply the raw material will use only natural fertilizers and employ agricultural practices that meet

organic certification standards. The manufacturers will also obtain organic certification on their manufacturing process.

7) Glorybee Agave Nectar is *KOSHER*.

8) Total Carbohydrate Grams: Serving Size: This product falls into the "honey" category, and thus its serving size is 1 tablespoon (note; tablespoon and not teaspoon). In turn, 1 tablespoon weighs 21 grams. Based on the fact that agave contains on the average 77% solids, one serving (1 tablespoon) contains 16 grams total carbohydrates ( $21 \text{ grams} \times 77\% = 16 \text{ grams}$ ). One teaspoon contains 5.33 grams.

9) Calories per Serving: A serving (1 tablespoon) contains 60 calories. One teaspoon contains 20 calories.

(Note: Agave contains 16 grams of total carbohydrates, a small portion of which is not digestible. One gram of carbohydrate provides 4 calories. Therefore, 16 grams of total carbohydrate contains 64 calories, but a few of these calories are not digestible.)

10) Glycemic Index: This is a relatively new concept which can be important from a metabolic standpoint, especially to diabetics, along with athletes and grossly overweight individuals. The index is an indicator as to how much your blood sugar increases in 2-3 hours after specific food consumption. Most if not all carbohydrates are normally metabolized into the simple carbohydrate glucose, which in the glycemic index concept is arbitrarily assigned a value of 100. As a result, the higher a glycemic index food number is, the faster it raises your blood sugar level. Foods or ingredients with glycemic index numbers close to or above 100 present some significant health issues to diabetics, and in general, sweeteners of all kinds should be avoided by diabetics. Nonetheless, for those diabetics who choose to consume certain amounts of carbohydrates, Agave Nectar, it should be noted has a lower glycemic index than honey. GloryBee Agave was found to have a glycemic index of 46. In contrast, honey has a reported glycemic index of 58, due to its higher ratio of glucose to fructose, as compared to the ratio of glucose to fructose in the agave. Please note: these values are based on using glucose as the reference point, which is the currently accepted approach relative to reporting glycemic index. Earlier, white bread was the reference point, but white bread composition can vary widely, and thus glucose is now the preferred base product.

### **Agave Information and Analysis:**

Weight: All 4 products (1,3,5,7) weigh the same, 10.57 pounds per gallon (128 fluid ounces or 3.78 liters) or 4,798.72 grams per gallon. Weight per ounce is 0.08258 pounds or 37.49 grams. Net product weight in a 55-gallon drum is ( $55 \times 10.57$ ) 581 pounds.

NOTE: Agave is delivered in food grade plastic drums containing 300 kilograms (Kg) of product. One Kg weighs 2.2046 pounds, so 300 Kg equals 661 pounds ( $300 \times 2.2046$ ). The container has an average weight of 10Kg (22 pounds), so total shipping weight in pounds per filled container is 683 pounds ( $661 + 22$ ). At 10.57 lbs per gallon, this drum contains 62.5 gallons.

Presence/Absence of insecticides/pesticides: The standard organic phosphate test was performed on all 4 samples, and they were all negative. Therefore, these samples would qualify to be “organic” since they were insecticide/pesticide free.

Analyses were performed in duplicate on all 4 samples. The only difference among the 4 samples was obviously their color and taste properties. Below are the range data for the 4 samples conducted in duplicate, for a total of 8 individual analyses:

### **Chemical Composition:**

Moisture %	21.5-23.6
Dry Matter %	76.3-78.5
Ash %	0.08-0.20
Total Carbohydrates %	99.32-99.96
D-Fructose	67.2-69.7
Dextrose (Glucose)	26.5-28.8
Maltose	1.28-1.45
Maltodextrose	1.05-1.22≥
Tetramaltose	0.60-0.73
Fat %	0.00
Cholesterol %	0.00

### **Physical Properties:**

pH	3.68-3.72
°Brix at 20°C	76.8-77.4
Conductivity	13.3-17.6
Dispersability in Water	
Taste	varies according to Grade
Color	varies according to Grade

### **Minerals:**

Copper, ppm	<1
Iron, ppm	<1
Sodium, ppm	<5
Calcium, ppm	<15
Potassium, ppm	<10
Magnesium, ppm	<10
Lead, ppm	Not Detected
Cadmium, ppm	Not Detected
Mercury, ppm	Not Detected
Chromium, ppm	Not Detected
Arsenic, ppm	<1

### **Microbiology:**

Total Aerobic Plate Count	<200 CFU/g
Yeast and Mold Count	<15 CFU/g
Total Coliform Count	0 in 1 gram
<i>Staphylococcus aureus</i>	0 in 1 gram
<i>Bacillus cereus</i>	<15 CFU/g
<i>Salmonella</i>	0 in 25 grams



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