

Monk Fruit: Natural Sweetness Without Sugar or Calories



A Sweeter, Healthier Alternative

Monk fruit is a natural sweetener that is healthier than sugar and superior to other plant-based alternatives, including stevia. Monk fruit extract is becoming the sweetener of choice for food and beverage manufacturers and health-conscious consumers.

A U.S. consumer survey found that 59% of Americans would like to see more foods and beverages with naturally sourced sweeteners.
– Mintel market research, 2019



What is Monk Fruit?

Monk fruit, also known as lo han guo or Swingle fruit, is a small round fruit native to southern China where it has been used as food and traditional medicine for centuries. It is rich in mogrosides, a natural compound up to 250 times sweeter than sugar (sucrose). Mogrosides are not carbohydrates and contain no calories.¹



Can Monk Fruit Help Reduce World Obesity?

In many countries, obesity has reached epidemic proportions. Monk fruit extracts enable manufacturers to significantly reduce sugar in foods and beverages, which cuts calories without sacrificing taste.²



Obesity by the Numbers

- More than 1.9 billion adults are overweight, including 650 million who are obese.³
- Fully 39 million children under the age of 5 are overweight or obese.⁴
- Over 340 million children and adolescents aged 5-19 are overweight or obese.⁵
- In the U.S., roughly two-thirds of adults and nearly 30% of children are overweight or obese.⁶



High Sugar Consumption

- The average American eats 126 grams (30 teaspoons) of sugar per day — more than twice the World Health Organization's recommendation.⁷
- Of these, more than half are added sugar (e.g., sucrose, dextrose, table sugar, syrups, honey), not sugar that is naturally present in food like fruit.⁸
- U.S. youths aged 2 to 19 consume on average 17 teaspoons of added sugar daily.⁹

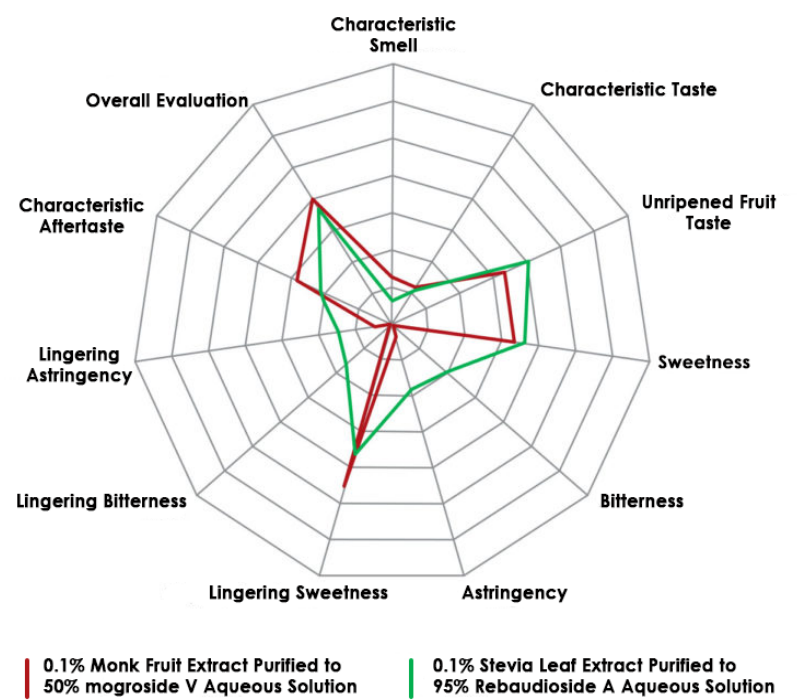
Monk Fruit Superior to Sugar Alternatives

Monk fruit extracts have clear advantages over other alternative plant-based sweeteners.

Sugar substitutes like sugar alcohols, such as erythritol or sorbitol, are known to cause gastrointestinal distress (e.g. bloating, gas, or diarrhea) in some people.¹⁰

Stevia, sourced from an herbal shrub native to South America, has a bitter aftertaste that can limit its range of applications.¹¹

In addition, mogrosides found in monk fruit are antioxidants that neutralize free radicals that can cause cell-damaging oxidative stress.¹²



The taste profile of monk fruit extract is superior to stevia.

Organic Monk Fruit Extracts from NATCO

Natural, organic and clean tasting monk fruit is grown on the NATCO farms in Guilin, China, a region that is home to 95% of the world supply of monk fruit.

On-site harvesting, optimal selection and classification based on fruit maturity level, and local production ensures consistence in taste and flavor in every lot and single serving.



NATCO's Mogroside-V Powder Extracts are available in purity levels of 20% to 60% equivalent to 10 to 250 times the sweetness of sugar (sucrose). All of our products are certified organic.

Both fresh and dried fruit juice concentrate are available. Formulation success never tasted so good.



Learn More
Monk Fruit Extract is an ideal sweetener for most foods and beverages. Visit us at www.natcohealthyliving.com



This product is not intended to diagnose, treat, cure or prevent any disease.

1, 10 Monk Fruit Sweetener Benefits and Drawbacks, According to Dietitians. *Shape*, May 2022.
2 How Mother Nature's Backyard is Bbringing a Fruitful Approach to Sugar Reduction. *Food Navigator*, Nov. 2019.
3-5 World Health Organization website, June 2021.

6, 8-9 U.S. Centers for Disease Control website, 2018.
7 Where People Around the World Eat the Most Sugar and Fat. *The Washington Post*, Feb 2015.
11 Stevia Versus Monk Fruit: How Do They Compare in Formulation? *Nutritional Outlook*, May 2016.
12 Monk Fruit Sweetener Benefits and Drawbacks, According to Dietitians. *Shape*, May 2022.