



# Your Revitalized Energy

## **SUGAR comes in MANY Forms & They Are NOT Created Equal**

*Know What you're eating!*

Sugar hides under many names these days. Make sure you know how much sugar you are eating and in what form. Not all Sugar is created equal.

### Good Rules to Know

*If it ends in "ose" it is sugar.....*

**Examples:** Dextrose, Fructose, Glucose, Lactose, Maltose, Sucrose

*If it ends in "ol" it is a sugar alcohol.....* (Many do not have calories, but are hard to digest and could cause other health problems)

**Examples:** Xylitol, Sorbitol, Maltitol, Lactitol, Isomalt (Exception to the rule), Mannitol, Erythritol, Ethyl maltol

### Most Common Forms of Sugar found in the Ingredients List

Dextrose, Fructose, Glucose, Lactose, Maltose, Sucrose, Maple syrup, Molasses  
Beet sugar, Brown sugar, Cane sugar, Coconut sugar, Rice syrup, Honey, Invert sugar  
Corn syrup, Date sugar, Convection sugar, Maltodextrin, Raw sugar, Granulated Sugar  
Agave Nectar/Syrup, Brown rice syrup, Fruit juice concentrate, Caramel, Fruit juice  
High-Fructose Corn Syrup (HFCS)

### Less Common names

Dextrin, Golden sugar, Glucose syrup solids, Grape sugar, Carob syrup  
Yellow sugar, Barley malt, Blackstrap molasses  
Evaporated cane juice, Golden syrup, Malt syrup, Sorghum syrup, Cane juice crystals

**If You are Looking to Learn to Live Healthier, Lose Weight and Keep it off while Living a Life of Bliss and Abundance then [CLICK HERE \(link to a free call\)](#)**