**Metabolic effects of Stevia Rebaudiana**

**Introduction**

The overconsumption of refined sugar for example sucrose, promotes a lot of health problems like obesity, excessive weight gain and metabolic disorders like diabetes type II. Therefore, substituting sugar with low calorie sweeteners may an efficacious weight management strategy. The steviol glycosides extracted from the small shrub Stevia rebaudiana, rebaudiosid A and stevioside are used in several countries as food and beverage sweeteners. Stevia is originally grown in South America particularly in Paraguay and Brazil where the plant is also known as honey leave. Stevioside has been well-known for its intense sweetness (250-300 times sweetener than sucrose) and it is non-caloric.

**Material and Methods**

The aim of my bachelor thesis was to summarize the positive metabolic effects of stevia rebaudiana. The thesis is based on a literature research on scopus and pubmed. A lot of studies show a correlation between the intake of steviol glycosides like rebaudioside A and Stevioside and positive health effects.

**Results and discussion**

Several studies in the published literature have examined positive effects of steviol glycosides, primarily stevioside on the human health. A number of these have reported that therapeutic benefits like anti-hyperglycemnic, anti-inflammatory, anti-tumor and anti-diarrheal effects. Acute and sub-acute toxicity studies also revealed a very low toxicity of Stevia

**Conclusion**

The conclusion is that Stevia and Stevioside are safe when used as a sweetener. The plant stevia may have many therapeutic and preventive functions. This is why Stevia is a safe and effective alternative to sucrose and fructose.

**Literature**


