PURE Maple Syrup

Natural and Nutritious

Pure Maple Syrup is a natural, nutritious and delicious sweetener and a smart choice as a sweet topping or as a flavorful ingredient in baking and cooking. ***Maple Syrup*** has a delightful and flavorful maple bouquet and has varied taste intensities to suit different consumer preferences.

Unlike many syrups and sugars ***Maple Syrup*** is 100 percent natural and unrefined, retaining the inherent nutritional value of the sap obtained from the maple tree.

Important Nutrient Source

Pure Maple Syrup is a valuable source of mineral nutrients. ***Maple Syrup*** delivers more nutrition than all other common sweeteners and has one of the lowest calorie levels. ***Maple Syrup*** contains mineral nutrients and vitamins which are an essential part of the daily diet in higher levels than other sweeteners.

Nutritional Value for Various Sweeteners

% of Recommended Daily Value (DV) Per ¼ cup (60 ml)

	Maple Syrup		High Fructose Corn Syrup		Honey		Brown Sugar		White Sugar	
	(1/4 cup / 80 g)		(1/4 cup / 78 g)		(1/4 cup / 85 g)		(1/4 cup / 55 g)		(1/4 cup / 51 g)	
	% DV	mg	% DV	mg	% DV	mg	% DV	mg	% DV	mg
Riboflavin	37	0.59	1	0.01	2	0.03	0	0.0	1	0.01
Thiamin	1	0.01	0	0.0	0	0.0	0	0.0	0	0.0
Manganese	95	1.89	4	0.07	4	0.07	2	0.04	0	0.0
Zinc	6	0.58	0	0.02	2	0.19	0	0.02	0	0.0
Magnesium	7	16.5	0	0.0	1	1.75	2	5.0	0	0.0
Calcium	5	58.0	0	0.0	0	5.0	4	45.8	0	0.48
Iron	1	0.09	0	0.02	3	0.36	3	0.39	0	0.03
Selenium	1	0.4 µg	1	0.55 µg	1	0.66 µg	1	0.65 µg	1	0.3
Potassium	5	167	0	0.0	1	44.0	2	73.3	0	0.96
Calories	216		220		261		216		196	

Source: USDA Nutrient Database and Canadian Nutrient File

Notes: The values shown are the overall minimum values for the minerals and nutrients and the overall maximum values for the calories reported by the USDA Nutrient Database and the Canadian Nutrient File. The percent daily values (% DV) were calculated using the Health Canada recommended daily intake values for an average 2,000 calorie diet.

The Original Sweetener

Native North Americans were the first to recognize ***Pure Maple Syrup*** as a source of nutrition and energy. Researchers have since documented that maple syrup has a higher nutritional value than all other common sweeteners

Other Health Considerations

In addition to its remarkable nutritional content, researchers have documented that ***Maple Syrup*** contains numerous phenolic compounds, commonly found in plants and in agricultural products such as berries, tea, red wine and flax seed. Some of these compounds may benefit human health in significant ways. For example, researchers have documented the natural presence of abscisic acid (ABA) in ***Maple Syrup***, a compound thought to stimulate insulin release by the pancreas.

Use of ***Pure Maple Syrup*** as an alternative to refined sugar can also add to the antioxidant content of the diet, similiar to replacing refined grains with whole grains.

With its wholesome, natural flavour ***Pure Maple Syrup*** has one of the lowest calorie levels of common sweeteners.

Maple Syrup is also a natural product with no additives or preservatives.

Choose *Pure Maple Syrup*, a natural sweetener and a smart food choice.

www.internationalmaplesyrupinstitute.com