

AGAVE NECTAR

NOT AS HEALTHY, NOR NATURAL AS
WE HAVE BEEN LEAD TO BELIEVE

"Nectar" is not made from the SAP of the agave plant but from its pineapple-like root bulb which contains the complex carbohydrate,
INULIN

INULIN is made of fructose molecules

The **PROCESS** by which inulin is converted into "nectar" is **SIMILAR** to the process by which **CORN STARCH** is converted into **HIGH FRUCTOSE CORN SYRUP**

CONTAINS MORE FRUCTOSE THAN HIGH-FRUCTOSE CORN SYRUP

FRUCTOSE is almost exclusively broken down in your **LIVER** & is directly converted to **dangerous fats**

When fructose occurs in nature, it is often called "levulose" and is accompanied by **naturally-occurring enzymes, vitamins, minerals, fiber, and fruit pectin**

SOURCES: foodrenegade.com/agave-nectar-good-or-bad/
<http://articles.mercola.com/sites/articles/archive/2010/03/30/beware-of-the-agave-nectar-health-food.aspx>

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