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/

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