

The Bond Effect  
The Science and Art of Living Like Nature Intended

**Table of Sweeteners**

Abstracted from Geoff Bond's Book, [Deadly Harvest](#) ISBN: 978-0-7570-0142-0

<b>ACCEPTABLE SWEETENERS</b>	<b>BAD SWEETENERS</b>
<p><b>BULK, NATURAL ORIGIN</b> <i>(Use frugally)</i> agave "nectar" fructose</p> <p><b>Intense, Natural Origin</b> stevia</p> <p><b>Bulk, Artificial</b> <i>(Use frugally)</i> isomalt lactitol maltitol mannitol sorbitol xylitol</p> <p><b>Intense, Artificial</b> acesulfame K aspartame saccharin sucralose</p>	<p><b>HIGH GLYCEMIC SWEETENERS</b> apple juice concentrate barley malt blackstrap molasses date sugar golden syrup grape juice concentrate high fructose corn syrup honey, all invert sugar malt maple syrup molasses sugar, white, brown, icing treacle</p> <p><b>SUGAR ALIASES &amp; VARIANTS</b> dextrose galactose glucose lactose levulose maltodextrin maltose saccharose sucrose</p>