

Apples to Oranges

Zeal Comparison:

the sweet truth about crystalline fructose

Apple
1 cup
7.38 g
fructose



Blueberries
1 cup
7.36 g
fructose



Orange
1 cup
3.71 g
fructose



Banana
1 cup
10.91 g
fructose



Strawberries
1 cup
3.71 g
fructose



Zeal for Life®
1 bottle
3 g crystalline
fructose



Grapes
1 cup
12.28 g
fructose



Cherries
1 cup
7.41 g
fructose



Is crystalline fructose safe to consume? Yes. Fructose occurs naturally in fruits. Crystalline fructose is 98% pure fructose.

Why does it get such a bad reputation when it's found in most of our favorite fruits? Mostly due to inaccurate perceptions. Fructose is perfectly safe in moderation. All flavors of Zeal contain less fructose than most fruits.

Do any Zeal flavors contain artificial sweeteners? No. Zurvita uses only natural sweeteners such as crystalline fructose and stevia in our products. Zeal does not contain artificial sweeteners such as saccharin, sucralose, and aspartame. Although these sweeteners are freely used and sold in the United States, there are still questions regarding their long-term safety.

Fruit fructose data source: US Department of Agriculture


Zurvita®
a higher way of life