

BetterStevia® Sweetener Equivalency Chart

Sugar	1 tsp	1 tbsp	1/2 cup	1 cup
BetterStevia® Packets	1/2 packet	1 1/2 packets	12 packets	24 packets
BetterStevia® Extract Powder	1/96 tsp (1/3 scoop)	1/32 tsp (1 scoop)	1/4 tsp (8 scoops)	1/2 tsp (16 scoops)
BetterStevia® Instant Tabs	1 tablet	3 tablets	24 tablets	48 tablets
BetterStevia® Glycerite	5 drops	15 drops	1 1/2 tsp	3 tsp
BetterStevia® Liquid Extract	4 drops	12 drops	1 tsp	2 tsp