

BetterStevia® Sweetener Equivalency Chart

Sugar	1 tsp	1 tbsp	1/2 cup	1 cup
BetterStevia® Packets	½ packet	1½ packets	12 packets	24 packets
BetterStevia® Powder	–	–	1 tsp	2 tsp
BetterStevia® Instant Tabs	1 tablet	3 tablets	24 tablets	48 tablets
BetterStevia® Glycerite	5 drops	15 drops	1½ tsp	3 tsp
BetterStevia® Liquid Extract	4 drops	12 drops	1 tsp	2 tsp
Sugarless Sugar™	1 tsp	1 tbsp	½ cup	1 cup