



## Sweetific Makes a Better Brew

[www.sweetific.com](http://www.sweetific.com)

Coffee is a daily ritual for millions of people, but for a lot of us, the biggest struggle isn't deciding whether to drink coffee, it's figuring out how to sweeten it. Traditional sugar, like granulated cane or beet sugar, tastes great, but the blood sugar spikes and empty calories make people want to find an alternative. The problem is, most sugar substitutes come with a weird aftertaste that makes the switch unbearable.

That is where allulose comes in. Whether you are cutting back on sugar, watching your blood sugar levels, or just looking for a better way to sweeten your morning cup, allulose is worth knowing about. It is a completely different kind of sugar alternative, one that delivers the sweetness of sugar without the consequences.

Allulose is found naturally in small amounts in foods like figs, raisins, and jackfruit. It is a monosaccharide, just like glucose and fructose, the two monosaccharides that make up sucrose, also known as traditional sugar. But even though allulose falls into the same category as the building blocks of sugar, it does not act like them. Your body absorbs allulose in the small intestine, but most of it is excreted without being metabolized. That means barely any calories

and minimal blood sugar impact. While traditional sugar has four calories per gram, allulose has just 0.4. It is about as close to a calorie-free sugar as you can get.

But let's be real, taste is what really matters. If you have ever tried a sugar alternative that did not quite hit the mark, you know exactly what I mean. The good news is allulose is remarkably close to sugar in both taste and texture. No bitterness, no lingering artificial aftertaste. It dissolves quickly, making it a perfect fit for coffee, and unlike some sweeteners, it works well in blends, creating a balanced sweetness that enhances the coffee instead of overpowering it.

So why does Sweetific's blend include more than just allulose? The answer is balance. While allulose is great on its own, a carefully chosen mix of ingredients makes the final product even better. Some sweeteners work best together, creating a smoother, more sugar-like sweetness without having to rely too much on any one ingredient. Sweetific's blend was designed specifically for coffee lovers who want their sweetness to feel natural and actually complement the coffee. But the benefits of allulose may go beyond taste.

Research suggests that allulose may be linked to GLP-1, a hormone that plays a role in metabolism.<sup>1</sup> In animal studies, higher GLP-1 levels have been associated with improved glucose control and reduced appetite, both of which are part of the bigger picture when it comes to metabolic health.<sup>2</sup> No wonder researchers are paying attention. While human studies are still developing, the science behind allulose continues to grow.

At the end of the day, what we do know for sure is that allulose delivers the taste of sugar without the downsides, making it an easy swap for anyone looking to cut back on sugar without sacrificing sweetness. Sweetific's blend is not just about replacing sugar, it is about making your coffee taste just as good without the sugar crash, the weird aftertaste, or the usual compromises.

If you love your coffee sweet but don't love what traditional sugar adds, Sweetific is exactly what you've been looking for.

To order Sweetific's Java-tific coffee please visit [www.sweetific.com](http://www.sweetific.com)

We are a proud affiliate of Peacemaker Coffee Company.

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<sup>1</sup> Iwasaki, Y., Sendo, M., Dezaki, K., et al. (2018). "GLP-1 release and vagal afferent activation mediate the beneficial effects of oral D-allulose (psicose) ingestion." *Nutrition*, 48, 8-15.

<sup>2</sup> Müller, T.D., Finan, B., Clemmensen, C., et al. (2019). *Glucagon-like peptide-1 (GLP-1)*. *Molecular Metabolism*, 30, 72-130.