

100% Pure Yacon Syrup (Gluten Free and Organic) now Available on Amazon.com

ORLANDO, FL, USA, January 6, 2014 /EINPresswire.com/ -- 100% Pure, Raw Yacon Syrup is a gluten-free, natural weight loss aid and sugar substitute from Florida based company Vida Supps. Yacon syrup has multiple health benefits but is mostly known as a proven weight loss aid, recommended by experts and doctors such as Dr Oz.

[Pure Yacon syrup](#) is quickly becoming the new favorite, natural weight loss aid recommended by dieticians and doctors alike. Ever since Dr. Oz praised the [health benefits of pure yacon syrup](#) on his television show a few months ago – the demand for this natural sweetener and appetite suppressant has skyrocketed. Everybody seems to want to try this newly discovered sugar substitute, termed a “metabolism game changer” by Dr. Oz himself.



Studies show supplementing daily diet with raw, organic Yacon syrup can help with weight loss.

But as is often the case when new and effective natural weight loss aids receive media attention – marketers rush in to cash in on the sudden demand, and products of mixed quality enter the market. However - Vida Supps Pure Yacon Syrup, distributed and sold by Florida based company Purity Solutions – is one of the very few USDA Certified Organic, Vegan, and 100% Raw Yacon syrups available, made from fresh pressed yacon roots and currently only available on Amazon.com

Health Benefits of Pure Raw Yacon Syrup

There are plenty of reasons why most people will benefit from adding pure yacon syrup to their diet. First and foremost – the syrup is extremely well suited as a sugar substitute. The best part about the syrup is that your body does not absorb or digest it as a sugar. Raw yacon syrup is a so-called ‘Fructo-Oligo Saccharide’, which means that it does not get used by our bodies like a normal sugar would.

Vida Supps Pure yacon syrup does not increase blood sugar levels or cause any blood sugar level spikes. For this reason, it is ideally suited for those trying to lose weight (weight gain is largely caused by blood sugar spikes from simple sugars and carbohydrates in other foods we eat). It is

also ideal for people suffering from diabetes or insulin intolerance – and the syrup can easily be taken as a dietary supplement before meals – or simply mixed in with foods as a delicious but healthy sweetener.

Users of organic yacon syrup often report increased metabolism and weight loss, while at the same time losing the appetite for simple (bad) sugars and unhealthier foods.

The fibers of pure yacon syrup help with digestive health, aiding with constipation and other irregularity problems. The syrup has been shown to increase the absorption of minerals such as calcium and magnesium – further strengthening its place as a natural superfood.

Superfoods are often called such because of their multitude of natural health benefits and strong antioxidant properties. This is another area where fresh pressed yacon syrup really excels. [100% raw yacon syrup](#) contains enough powerful antioxidants to really strengthen the immune system – and this is one of the main reasons that the ancient native Indian peoples of South America have consumed Yacon roots for centuries.

Proven efficiency with natural weight loss

On his tv show, Dr Oz presented results of his own 2013 study, where 29 out of 40 women who were tested - lost weight after adding Pure Yacon Syrup to their daily diet. A 2009 study showed "significant decrease in body weight, waist circumference and body mass index" on obese women who added Yacon Syrup to their diet over a 4 month period.

About Purity Solutions and Pure Yacon Syrup

Pure Yacon Syrup by Purity Solutions is now available for sale on Amazon.com. The product comes in 8 ounce bottles, containing 46 servings of USDA Certified Organic, raw and pure yacon syrup.

Purity Solutions is a nutraceutical company, based in Florida. With years of experience in the industry, and a dedication to effective, quality health products - Purity Solutions aims to provide a wide offering of dietary supplements centered around raw ingredients, backed by scientific evidence and studies. The company manufactures their product in compliance with GMP (Good Manufacturing Practices).

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