

**Conversion of steviol glycosides to steviol equivalents and vice-versa**

<b>To obtain the steviol equivalent of:</b>	<b>Molecular weights</b>	<b>Multiply the amount by:</b>
Stevioside	804.38	0.395
Rebaudioside A	966.43	0.329
Rebaudioside C	950.44	0.334
Dulcoside A:	788.38	0.400
Rubusoside	642.33	0.496
Steviolbioside	642.33	0.496
Rebaudioside B	804.38	0.395
Rebaudioside D	1128.48	0.282
Rebaudioside E	966.43	0.329
Rebaudioside F	936.42	0.340
<b>To obtain the steviol glycoside</b>	<b>Molecular weights</b>	<b>Multiply steviol equivalent by</b>
Stevioside	804.38	2.532
Rebaudioside A	966.43	3.039
Rebaudioside C	950.44	2.994
Dulcoside A:	788.38	2.500
Rubusoside	642.33	2.016
Steviolbioside	642.33	2.016
Rebaudioside B	804.38	2.532
Rebaudioside D	1128.48	3.546
Rebaudioside E	966.43	3.039
Rebaudioside F	936.42	2.941

Quelle: EUSTAS