

Super Strength Flavors Suggested Usage Guide



Our Super Strength line includes natural essential oils, natural flavors, and artificial flavors. Super Strength mint and cinnamon flavors tend to be very strong, so you may want to reduce the amount for these flavors. Whenever possible, start with the smallest amount and add to taste. All Super Strength flavors are unsweetened, gluten-free, nut-free, dairy-free, and low carb.

Recipe	Batch Size	Super Strength Flavor
Hard Candy	1.25lbs	1 tsp
	10lbs (large kettle)	1oz
Soft Candies (fudges, taffy, gummies, caramels)	1.5lbs	½ - 1 tsp
Chocolate ¹	1lb	¼ - ½ tsp
	10lbs	2 ½ - 5 tsp
Candied Popcorn	12 cups popped popcorn	½ - 1 tsp
	15-20 gallons popped popcorn	1oz
Fondant	2lbs Confectioners' Sugar	Just a few drops!
Cakes	Standard size	1 tsp
Cookies	Standard batch	½ - 1 tsp
Frosting	3 cups	¼ - ½ tsp
Ice Cream & Yogurt Bases	Quart (32oz)	¼ tsp
	Gallon	¼oz
Milkshakes, Smoothies, and Nutritional Drinks	16oz	⅛ - ¼ tsp
Beverages ² (cocktails, tea, sparkling water, lemonade)	8oz	Several drops
	1 liter	¼ - ½ tsp

¹ Not all Super Strength flavors are appropriate for use in chocolate or coatings. Please see the individual product page on our [website](#) to determine suitability.

² Not all Super Strength flavors are soluble in water. Please see the individual product page on our [website](#) to determine solubility.