

Saus.Guru's Heat Ladder - Based on States of Human Pleasure			
Heat Group 0	- Level 0	Safety First	Perfect for All: Our Group 0 selection offers delightful flavor and zero heat, ideal for those who appreciate taste without any spiciness.
Heat Group 1	- Level 1	Subtle Bliss	This level represents the mildest of hot sauces that offer a subtle heat
	- Level 2	Slight Euphoria	This level represents sauces that have a slight heat
	- Level 3	Gentle Ecstasy	This level represents sauces that have a gentle heat that's comparable to the gentle feeling of ecstasy. It's still relatively mild but has a bit more heat than the previous two levels.
Heat Group 2	- Level 4	Moderate Rapture	This level represents sauces with a moderate heat that offers a similar feeling of rapture that's not too intense. It's a good balance between heat and flavor.
	- Level 5	Noticeable Thrill	This level represents sauces with a noticeable heat that gives you a feeling of thrill that you can feel but isn't overpowering. It's starting to get spicier but still manageable.
	- Level 6	Strong Excitement	This level represents sauces that have a strong and intense heat, but wouldn't make you that uncomfortable.
Heat Group 3	- Level 7	Intense Delight	This level represents sauces that have a very hot and intense heat. Real hot heads take note: at this level and beyond, true culinary masochism begins.
	- Level 8	Blazing Elation	This level represents sauces with a fiery heat that's like the fiery feeling of elation that you might experience during an intense moment. It's definitely hot.
	- Level 9	Passionate Euphoria	This level represents sauces with a serious and powerful heat that offers a passionate feeling of euphoria. It's extremely hot and not for the faint of heart.
Heat Group 4	- Level 10	Overwhelming Rapture	This level represents sauces with a scorching hot heat that offers an delightful overwhelming feeling of rapture. At this level we are starting to enter the realm of one of the hottest levels and should only be attempted by those who can handle extremely spicy foods.
	- Level 11	Burning Ecstasy	This level represents sauces with a heat so hot that it's like the burning feeling of ecstasy. It's extremely spicy and can cause desirable discomfort for true hot sauce lovers.
	- Level 12	Intoxicating Pleasure	This level represents sauces with a heat so intense that it's like the intoxicating feeling of pleasure. It's extremely hot and can cause pleasurable discomfort for most hot heads.
Heat Group 5	- Level 13	Mind-Blowing Sensation	This level represents sauces with a heat so hot that it's like the mind exploding. A true delight by itself.
	- Level 14	Insane Ecstasy	This level represents sauces with a heat so intense that it's like the insane feeling of ecstasy. It's extremely hot and should only be consumed by those who are comfortable with extremely spicy foods.
	- Level 15	Nirvana	This level represents the hottest sauces that have a heat so intense that it's like reaching the state of Nirvana. It's the spiciest level and should only be attempted by those who are extremely comfortable with extremely spicy foods.

#### Legend

Heat Group 0: This group refers to sauces that have no real chili pepper heat. They are mild and suitable for people who cannot tolerate real levels of spiciness or heat. These sauces often still contain spicy spices such as garlic, onion, mustard, cumin, coriander or black pepper. Despite the lack of heat, they can still enhance the flavor of food.

Heat Group 1 - "Just a Hint: Products in Group 1 introduce a touch of warmth, adding a subtle spice to the flavorful mix - the ideal entry point for exploring heat."

Heat Group 2 - "Light Kick: Our Group 2 lineup brings a mild, enjoyable kick, enhancing the taste profile with a little bit more of a spicy twist."

Heat Group 3 - "Moderate Zing: Products in Group 3 turn up the heat just a notch further, providing a balance of vibrant flavor and a noticeable spark of spiciness."

Heat Group 4 - "High Heat: Our Group 4 selection delivers a fiery punch, marrying rich flavors with a high level of heat for the more adventurous palates."

Heat Group 5 - "Extreme Burn: Products in Group 5 are not for the faint of heart - these are our most intense, scorching options designed for ultimate heat lovers."

NB: All levels depend on one's palate and their perception of culinary pain and pleasure.