



- **Xylitol** is a white crystalline substance that looks and tastes like sugar.
- Xylitol is a natural sweetener derived from the fibrous parts of plants.
- With many medical and dental benefits, Xylitol use is safe and convenient.

Medical Benefits

- With fewer calories and carbohydrates than table sugar, it is a healthy choice for Diabetes.
- Xylitol prevents ear infection.
- Xylitol nasal spray clears nasal passages.

Dental Benefits

- Xylitol reduces decay in new tooth. Xylitol arrest and even repair existing dental caries.
- After taking xylitol, the growth of the mouth bacteria that causes decay is greatly reduced. This means less acid in the mouth which leads to healthier teeth.
- After taking xylitol, the bacteria do not stick on the teeth surface, this decreases plaque formation.
- Babies: As soon as teeth erupt, you can moisten a gauze pad or cotton swab with xylitol rinse and gently rub teeth and gums.
- Children: Replace their sweet treats with xylitol candies, mints and gums.
- Mothers: Healthy moms with good oral care will have children with healthier teeth, because bacteria get transmitted from mother to children.

Xylitol Products

Xylitol can be found in the form of mint, candy and chewing gum.



It can also be found in certain nasal sprays, mouth washes, tooth gels, and toothpastes.



How much?

- Studies show that 4 to 12 grams of xylitol per day are very effective.
- It's easy to keep track of your xylitol intake. The "100% xylitol" mints and gums contain about one gram of xylitol in each piece. You could begin with as little as **one piece four times a day**.
- It is not necessary to use more than 15 grams per day as higher intakes yield diminishing dental benefits.

- If used only occasionally or even as often as once a day, xylitol may NOT be effective.
- Not all products that contain xylitol produce the same results. In order for the product you use to be effective in preventing cavities, it must contain a high concentration of xylitol. Look for chewing gum and mints that are 100% xylitol sweetened.

When should I use it?

- After eating, clear the mouth by swishing water, if possible.
- Xylitol should be chewed immediately after a meal or a snack.

Where to find xylitol products?

The best place to find Xylitol products is at health food stores such as Vitamin shops, Whole food markets, and pharmacies.

-Reference: www.xylitol.org



Healthy
Teeth with
XYLITOL