

Xylitol Prevents Cavities and Reduces Plaque

Xylitol fights cavities by disrupting decay-causing bacteria. It stops them from producing tooth-eating acid and reduces the plaque they create. Xylitol also stimulates saliva, the body's natural way to protect the teeth.

Over 25 years of testing in widely different conditions confirm that xylitol is the best sweetener for teeth. Xylitol use reduces tooth decay rates both in high-risk groups (high caries prevalence, poor nutrition, and poor oral hygiene) and in low risk groups (low caries incidence using all current prevention recommendations). Sugar free chewing gums, mints, and rinses made with xylitol as the principal sweetener have already received official endorsements from six national dental associations.

What is xylitol?

Xylitol is a sweet, white substance that looks and tastes like sugar, but has 40% fewer calories than sucrose and is diabetic friendly. Xylitol is organic and all natural - found in the fibers of fruits and vegetables like corn, berries, mushrooms and the wood of trees like birch. It is even produced naturally in small amounts by our bodies. This amazing sweetener also has the power to protect our teeth.

How does xylitol prevent cavities?

Xylitol not only rids the mouth of sticky harmful bacteria, it actually promotes the growth of tooth-protective, non-acidic bacteria. Plaque bacteria use sucrose and carbohydrates from our diet to grow and multiply. They create sticky threads that allow them to attach to the tooth surface and each other to form thick layers and acids that damage teeth.

Xylitol actually inhibits the growth of the bacteria that cause cavities. It does this because these bacteria (*Streptococcus mutans*) cannot utilize xylitol to grow. When plaque bacteria absorb Xylitol, they cannot multiply, produce acids, or stick to teeth. Over time with xylitol use (gums, mints and rinses), the quality of the bacteria in the mouth changes and fewer and fewer decay-causing bacteria survive on tooth surfaces. Less plaque forms and the level of acids attacking the tooth surface is lowered. Xylitol also raises mouth pH and encourages mineral-rich saliva to flow in to the mouth. This can protect and remineralize teeth by repairing the deep layers of enamel.

What products contain xylitol and how do I find them?

Xylitol is found most often in chewing gum and mints. You must look at the list of ingredients to know if a product contains xylitol. Health food stores can be a good resource for xylitol containing products. Additionally, several companies provide xylitol products for distribution over the Internet.

How often must I use xylitol for it to be effective?

Xylitol gum or mints used **3-5 times daily**, for a total intake of **5 grams**, is considered optimal. Because frequency and duration of exposure is important, gum should be chewed for approximately 5 minutes and mints should be allowed to dissolve. As xylitol is digested slowly in the large intestine, it acts much like fiber and large amounts can lead to soft stools or have a laxative effect. However, the amounts suggested for cavity reduction are far lower than those typically producing unwelcome results.

Is xylitol safe for children?

Xylitol has been approved for use by people of all ages. Studies suggest that children especially can benefit from using xylitol. With regular use, studies have shown that xylitol can actually help teeth to rebuild decayed spots. In fact, in most of the xylitol research studies, children have been the key participants. These studies have shown that use of xylitol daily can help reduce cavities in kids by as much as 80%.

Xylitol should not be used for pets, especially dogs

Although perfectly safe for human consumption, xylitol may pose a risk to your pets, especially dogs. Because the metabolic processes of a dog are different than those of a human, xylitol poses a risk of toxicosis and hypoglycemia if ingested by dogs. Common symptoms associated with the ingestion of xylitol may include depression and vomiting, and hypoglycemia. If you suspect your dog has ingested xylitol, contact your veterinarian immediately.

Does Trident gum have enough xylitol to help prevent cavities?

A total intake of 5 grams of xylitol daily is needed in order to reduce cavity-causing bacteria. Smaller amounts do not have a meaningful impact on the bacteria. Based on recent tests, Trident gum has 0.17 grams of xylitol in each piece. That means **you would need to chew more than 33 pieces of Trident each day** to reduce decay causing bacteria.

Spry Xylitol Gum



Home page: www.xlear.com

Available at: Huckleberry's, Super Supplements, GNC, www.xlear.com, or www.amazon.com.

Daily amount required for total intake of 5 grams: 6 $\frac{3}{4}$ pieces.

ZAPP! Gum



Home page: www.zappgum.com

Available at: www.buyzapp.com

May be available in stores soon.

Daily amount required for total intake of 5 grams: 5 pieces.

Epic Xylitol Gum



Home page: www.epicdental.com

Available at: www.epicdental.com

Daily amount required for total intake of 5 grams: 5 pieces.

Xylichew Gum & Mints



Available at: Huckleberry's, Super Supplements, or www.amazon.com.

Daily amount required for total intake of 5 grams: 7 pieces.

XyloDent Health Gum



Home page: www.xyloident.com

Available at: www.xyloident.com

Daily amount required for total intake of 5 grams: 6 $\frac{3}{4}$ pieces.

Miradent Xylitol Chewing Gum



Home page: www.miradent.com.au/xylitol.html

Available through dental offices.

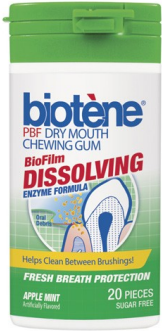
Daily amount required for total intake of 5 grams: 6 $\frac{3}{4}$ pieces.

Ricochet Mints



Available at: Huckleberry's or www.amazon.com.

Daily amount required for total intake of 5 grams : 12 ½ mints.



Home page: www.biotene.com

Available at: www.amazon.com



Available at: www.Dentist.net



Available at: www.Dentist.net as well as Huckleberry's



Available at: www.healingleafllc.com as well as Huckleberry's
Available in many different flavors.