

Xylitol

- A natural sweetener that can be extracted from any woody fibrous plant material
- Delicious sweet taste... with no unpleasant aftertaste
- Provides one third fewer calories than sugar
- Helps reduce development of tooth decay
- Reduces plaque formation
- Slows demineralization and enables some rebuilding of the enamel
- Increases salivary flow to reduce dry mouth and aid in the repair of damaged tooth enamel
- Occurs naturally in our bodies – in fact, an average size adult manufactures up to 15 grams of xylitol daily during normal metabolism.
- May be used as a sugar alternative for people with diabetes (on advice of their healthcare providers)

Warning

*May cause **gastric upset problems** in high doses

May be **toxic for dogs & other animals

Recommended Use

- Need Xylitol in the mouth for more than 2-3 minutes per dose (gum, mints, toothpaste, etc)
- Xylitol should be the top ingredient
- Some articles recommend that 6-10 grams a day is what we need, according to newest research it isn't the quantity that matters as much as the **frequency**
- **Add one packet (4 grams) of xylitol to bottle of water, work up to sipping 2 bottles a day**
- Chew on xylitol gum / chew or suck on a lollipop / lozenge / mint
- **Chew gum for less than 30 minutes**

STRIVE FOR FIVE

1. Use Xylitol toothpaste, mouthwash, and nasal spray upon waking up
2. After breakfast use Xylitol gum, mints or candy
3. After lunch use Xylitol gum, mints or candy
4. After dinner use Xylitol gum, mints or candy
5. Use Xylitol toothpaste before bed

For more information visit [**Xylitol.org**](http://Xylitol.org)



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Xylitol Products

High Concentration Products

CariFree: carifree.com

- Toothpaste, mouth rinse, mouth spray, gum

Epic: www.epicdental.com

Can be purchased at **Raley's Oroville**

- Gum, Mints, & Sweeteners
- Toothpaste & Rinse

Spry - Xlear Inc: www.xlear.com

Can be purchased at **Safeway, Walmart, Target, CVS, Chico Vegan Coop, or S&S Produce, or www.amazon.com**

- Mints, Gum, & Sweetener
- Toothpaste & Toothgel (Children's Toothpaste)
- Moisturizing Mouth Spray

Loloz: www.cavitiessuck.com

- Lollipops** & Lozenges
- Contains xylitol and Cavibloc (an extract from licorice, fights cavity causing bacteria)

Simply Xylitol – Dr. John's Candies: www.drjohns.com

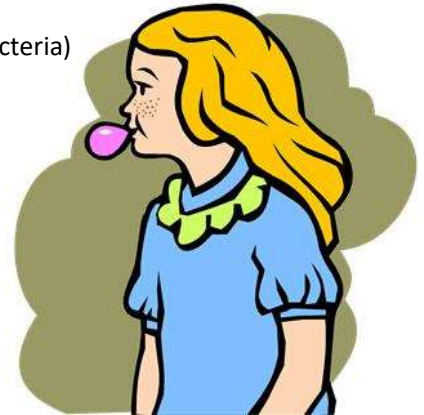
- Gum, Peppermints, **Lollipops**, & Sours
- Caramels & Chocolates

Basic Bites: www.basicbites.com

- Chocolate and Caramel flavored candy-like **Chews**
- Contains xylitol, arginine bicarbonate, and calcium carbonate
- Stimulates saliva, increases pH and promotes healthy oral bacteria

Emerald Forest: www.emeraldforest.com

- Ricochet Gum & Candies (May contain citric acid and counteract xylitol benefits)
- Xylitol sold by pound for baking**



Lower Concentration Products (Easy to Find)

Ice Breakers - Hershey's (Contains xylitol & mannitol)

- Ice Cubes (Gum)
- Frost** (Mints)

Mentos (Contains xylitol, sorbitol & mannitol)

- Gum has xylitol, but not their chewy mints, avoid citrus flavor

Trident – Adams (Contains xylitol, sorbitol & mannitol; low quantity of xylitol)

- Trident Sugarless Gum
- Trident Fusion Flavors
- Trident Xtracare (Recaldent – milk derived)
- Stride

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