

Got Xylitol?

Xylitol is the new-found defense against cavity-causing bacteria. Like fluoride, xylitol helps to prevent tooth decay. Xylitol has been approved for use in the US since 1963 and has been used in medicine to help prevent middle ear infections in young people and as a sugar substitute for those with diabetes.

Like regular white sugar, xylitol is naturally occurring, white, and is used to sweeten candies, gum, toothpastes, and food. However, unlike common sugar, xylitol prevents the bad bacteria from adhering to tooth surfaces, causes the bacteria to actually starve and die-off, and helps promote remineralization of teeth. And xylitol actually has 40% fewer calories than regular sugar!!

Studies are showing that 5 exposures of 1.1gram of xylitol per day for 2 weeks can have a lasting, decay-fighting effect for up to 4-6 months. Recently, Trident and Orbit gum have been incorporating xylitol into a mixture of other sweeteners in their gum products. The level of xylitol in these brands is only 0.17gram per stick of gum for Trident and 0.03gram per stick of gum for Orbit. These levels are far below a therapeutic dose. Below are a list of companies that offer a variety of mints, gums, lollipops, and toothpastes – all products containing 1.1grams or more of xylitol. We have ordered a number of these xylitol products for you to sample when you come by and visit us.

Remember: 5mints/gum x 1.1gram xylitol x 2weeks

www.zellies.com

www.xlear.com – XyloSweet – sold at Whole Health, Vitamins Plus, and Purebody Nutrition

www.drjohns.com – Herbal Lollipops

Epic Dental – mints and gum

Make xylitol a part of your daily routine today!

Warning: Xylitol is very toxic to dogs. Keep your xylitol stored in a safe place.

Side effects of xylitol use may include diarrhea and intestinal gas.

Steven M. O’Neal, DDS has no affiliation with the above-mentioned companies.