



Xylitol

What is it?

- Xylitol is a natural sugar derived from the fibrous parts of plants

How can it help me?

- Xylitol prevents bacteria from sticking to the teeth
- Raises the pH from an acidic level to a more neutral level and helps repair damage to the enamel
- Increases salivary flow
- Helps dry mouth conditions

How much do I need?

- For cavity prevention patients should use a xylitol product 4 to 5 times a day for best results
- At a minimum it is recommended that you chew xylitol gum for 5 minutes following three meals a day
- Frequency, not quantity, is the key
- Look for products that list xylitol as the first ingredient

Where can I get it?

- Zahner Dental
- Whole Foods
- Vitamin Shoppe
- Walgreens.com
- www.xlear.com
- Manchester Parkade, The Health Store
- Nature's Grocer, Vernon
- Willimantic Food Co-Op

Note: Xylitol, similar to chocolate, is harmful to dogs