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