



SMILE WITH CONFIDENCE

## Reduce Your Risk of Tooth Decay – Xylitol Gum & Lozenges

### What is Xylitol?

**Xylitol is a naturally occurring sweetener. It occurs in fruits, vegetables, mushrooms and in woody plants. It is also produced in the human body as a normal metabolic intermediary.**

### What are the benefits?

- Xylitol reduces your risk of tooth decay. It inhibits the bacteria that cause tooth decay.
- Xylitol reduces the quantity of dental plaque and the adhesiveness of your plaque making it easier to remove with brushing and flossing.
- Xylitol gum and lozenges stimulate saliva flow and reduces saliva acidity levels.
- Xylitol contributes to remineralization of your tooth surface making it stronger and more resistant to tooth decay.
- Xylitol reduces the risk of newborn and childhood tooth decay. Parents' oral bacteria are passed to their newborn children. Regular use of xylitol by parents reduces the transmission of decay causing bacteria to their children.
- Xylitol also has medical anti-bacterial properties.

### When and how much Xylitol is recommended?

6 grams per day is recommended. Chew 3 pieces of Xylitol gum, or ingest 6 lozenges per day. Ideally, take immediately after eating or snacking.

### Where can you get 100% Xylitol gum and lozenges?

**Basic Bulk Natural Foods**  
385 Frederick St.  
Frederick St. Mall  
Kitchener 519.742.0691

[www.sprygum.com](http://www.sprygum.com)

**Eating Well Organically**  
104 King St. South  
Waterloo (across from Town Square)  
519.883.0734

[www.oralscience.com](http://www.oralscience.com)

