

XYLITOL INFORMATION PAGE

Xylitol.org

Tooth decay happens when bacteria in your mouth consume the sugars we eat. When you eat food containing ordinary sugar (sucrose), it gives bacteria on your teeth energy, allowing them to multiply and start making acids that can eat away the enamel on the teeth. This "acid attack" causes tooth decay and cavities to begin to form. Xylitol is a natural sweetener derived from the fibrous parts of plants. It does not break down like sugar and can help keep a neutral pH level in the mouth. Xylitol also prevents bacteria from sticking to the teeth. This is how it protects the teeth from tooth decay

Repairing damaged enamel

Research has shown that the use of xylitol also helps repair damage to the enamel. Saliva in itself protects the mouth and teeth. Saliva that has xylitol is more alkaline than saliva stimulated by other sugar products. After taking xylitol products, the concentration of basic amino acids and ammonia in saliva and plaque may rise, and plaque pH rises as well. When pH is above 7, calcium and phosphate salts in saliva start to move into those parts of enamel that are weak. Therefore, soft, calcium-deficient enamel sites begin to harden again. While reversing a rising trend of negative health and high health-care costs won't happen overnight, improving your own health can begin sooner than later, and xylitol can have a significant influence on that trend.

It's effective.

Studies using xylitol as either a sugar substitute or a small dietary addition have demonstrated a dramatic reduction in new tooth decay, along with arrest and even some reversal of existing dental caries. This xylitol effect is long-lasting and possibly permanent. Low decay rates persist even years after the trials have been completed.

It's 100% natural.

Xylitol is not an artificial substance, but a normal part of everyday metabolism. Xylitol is widely distributed throughout nature in small amounts.

It's safe.

In the amounts needed to prevent tooth decay (3-5 exposures per day), xylitol is safe for everyone. The World Health Organization has given xylitol its safest rating for food additives.

It's convenient to use.

Xylitol can be conveniently delivered to your teeth via hard candies, mints, or in a granulated form similar to sugar.