

What is Xylitol?

Xylitol is a natural sugar substitute that is found in many fruits and vegetables and is added to chewing gum and mint products. It is as sweet as sucrose, has no after-taste, and is safe for diabetics since it contains 40 percent less calories than sugar.

What are the benefits of xylitol?

- Strengthens teeth
- Reduces new tooth decay
- Reduces the number of cavity-causing bacteria
- Inhibits the growth of dental plaque
- Stimulates saliva flow
- Prevents cavity-causing germs (bacteria) passing from mother to child



Chewing xylitol gum can help reduce tooth decay.

When should I use xylitol?

Chewing xylitol gum or sucking on xylitol mints 3 to 5 times per day is recommended. Ideally, the xylitol product should be used immediately after a meal or snack. If a person snacks more frequently, more frequent xylitol use would be needed.



Many mint products contain xylitol.

Who can benefit from xylitol use?

- Children over 4 years of age who have had previous cavities
- Pregnant women
- New mothers of infants and toddlers
- Anyone at high risk for tooth decay
- Older adults with exposed root surfaces and those with dry mouth
- Anyone with a high sugar or high starch diet

Where can you find xylitol products?

There are many gum and mint products that contain xylitol. They can be found at most grocery and drug stores. Xylitol will be listed on the label as an ingredient.