

The Benefits of Xylitol

Xylitol is a natural sugar product found in plants (mostly ones we do not eat). It is not a laboratory fabricated artificial sweetener. It was originally developed to help people with diabetes, but later research demonstrated the oral benefits of Xylitol.

The way decay works is that you eat sugar (all carbohydrates) and the bacteria which causes decay uses it for food. Their by-product is acid which dissolves teeth.

Xylitol is designed to specifically target this bacteria (leaving the healthy bacteria alone) and kill it. It is one of the only tools we have to target the negative bacteria which cause decay.

The effective dose is still not determined, but a minimum of 2 grams a day is recommended. Xylitol can be found in some gum, toothpaste, rinses, as packets or in a box, and mints just to name a few. Dentists and health foods stores are currently the easiest sources available to purchase products containing Xylitol.

Ask your dentist for more information or products which have Xylitol in them if you have any questions.