

# Xylitol

## Harmony & Health

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Quality Products for Health

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Xylitol is a natural sweetener that does not have the side effects of sugar or most artificial sweeteners. It is also good for your teeth, promotes good health and helps to stabilize your insulin and hormone levels.

**Dental Benefits:** Xylitol has been used for over 60 years in the dental field to promote oral health and prevent disease caused by bacteria. Several specific dental benefits from Xylitol:

- Inhibits plaque & reduces dental cavities up to 80% when using chewing gum sweetened with Xylitol.
- Helps the body bind calcium, retards demineralization of tooth enamel & promotes re-mineralization.
- Increases saliva production and protects saliva proteins.
- Reduces infections in the mouth; specifically gum disease such as gingivitis.
- Freshens the breath and promotes relief of dry mouth

### General Health Benefits:

- Inhibits bacteria that causes middle ear infections, sinus problems and yeast infections.

### Diabetic Benefits:

- Low glycemic (rated 7 as compared with sugar which is 100), also 40% less calories than sugar.
- Metabolizes slowly with no spikes.
- Stabilizes insulin with no abrupt rises or drops.
- Diminishes sugar and carbohydrate cravings.

### Some Products with Xylitol to consider:

- **Xylitol Mints** or **Gum** in various flavors and is fine for children & adults.
- **XyliBrite Toothpaste** with baking soda kills bacteria, prevents dental caries; most dentists like.
- **Xylitol Nasal Spray** - help moisturize and reduce bacterial growth.
  - **Xlear** Sinus spray & **NeilMed** Sinus Rinse with Xylitol
- **Xylitol** is also available in individual packets for drinks or in **bulk** for cooking and baking (although not for use with yeast as yeast cannot live on xylitol). Used in the same ratio as sugar. (Can act as a laxative initially in some people, so start slowly and increase gradually.)

### Cautions:

- If you take large amounts of xylitol, such as 30 to 40 grams, you may experience **diarrhea or gas**. Increasing the dose gradually may help minimize these effects.
- Small amounts of xylitol can be fatal to dogs.
- Keep xylitol products out of reach of pets

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*