



Xylitol: How Sweet It Is

Dental cavities are the most common chronic disease worldwide. To keep your teeth healthy, you need to brush and clean in between your teeth daily and use an antibacterial or fluoride rinse. Your dental hygienist may also recommend xylitol to support your battle against cavities.



Cavities

When you eat and drink, bacteria in your mouth create acids that eat away at (demineralize) your tooth enamel and can ultimately cause cavities.



What is xylitol?

Xylitol is a natural sugar alcohol found in fruits and vegetables. It has been used as a sugar substitute since the 1940s, but unlike sugar it doesn't cause cavities.



How does xylitol work?

After eating, taking xylitol neutralizes the acid in your mouth to protect your tooth enamel. It also re-hardens weak areas, and it increases saliva production, which helps people with dry mouth.



Xylitol products

Xylitol chewing gum, mints, and lozenges are most effective. Xylitol is also found in some toothpastes and mouth rinses. These products are available at your local pharmacy or natural wellness store.



How much should I take?

Take 6 g to 10 g per day divided into 3 or more small doses after meals. Taking more than 20 g per day may upset your stomach or cause diarrhea.



Xylitol is dangerous to dogs!

Ingestion of xylitol by a dog may cause severe illness and even death. If you suspect your dog has ingested xylitol, contact your veterinarian immediately.