

FOR A HEALTHY MOUTH

XYLITOL THERAPY

Resources and information

COURTESY OF
DENTALBUZZ.COM

Where to buy

[Amazon.com](https://www.amazon.com)

Spry Mints (xlear.com)

240 count retails for about \$13, but are often priced around \$6. Flavors include Berryblast, Lemonburst, and Power Peppermint. Other brands are also available at Amazon but these are the most competitively priced and from a widely recommended company.

[Vitamin stores](#)

Xylitol Chewing Gum

Shops like Vitamin World, GNC (General Nutrition Center), and The Vitamin Shoppe will carry xylitol gum brands like Spry, Epic, and others. Check the label to make sure that there is no sorbitol, mannitol or other sugar alcohols because the xylitol won't be as effective.

[Natural markets](#)

Bulk xylitol and chewing gum

You can make your own candies with bulk xylitol purchased in bags just like sugar. Whole Foods and Sprouts may also have xylitol gums available.

[Other websites](#)

Drjohns.com - candies, lollipops

Zellies.com - candy, mints, gum

Globalsweet.com - mints, gum, jam, or purchase in bulk.

Xylitolusa.com - mints, lollipops, bulk



Reduce oral acidity

ALL DAY PROTECTION AGAINST CAVITIES

Brushing, flossing, and rinsing may not be enough. It can be more effective to control decay between meals with xylitol instead.

THE STORY OF XYLITOL AND ACID CONTROL

Bacteria is what causes cavities. We always have them in our mouth, but when they produce acids as byproducts of their growth, those acids can dissolve tooth structures. This is what we call decay.



Xylitol is a naturally occurring sugar alcohol. By using mints that contain xylitol exclusively, the cavity-forming bacteria cannot ferment the sugar into acid. Also the presence of xylitol actually inhibits acid-loving bacteria because they can't grow in the high pH environment that's created by xylitol.



The most important thing we want to do is to reduce the amount of acid in

your mouth every day. Rinsing with baking soda can help, but you will also find that xylitol therapy is something that you can do to manage your dental health throughout the day that tastes good and makes your mouth feel fresh and clean.

Your Treatment Regimen:

Xylitol treatment works best if it's spaced out over time. You'll want to get about 8-10 grams per day (that's about one mint every hour, minimum of six per day).

Be sure to let each mint dissolve completely instead of chewing it.

