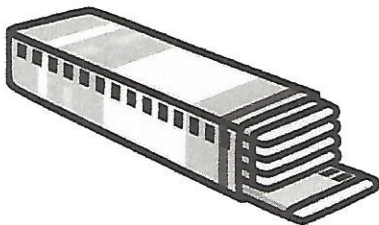




XYLITOL

Xylitol is a substance similar in look and texture to sugar. It is a sweet-tasting, natural sweetener that can be found in certain fruits and trees as well as inside our bodies as a natural component of the metabolic process. It has been used as a food additive over the last half of the century with fewer calories than everyday sugar. Xylitol currently is being used for medicinal purposes as it has been shown to reduce tooth decay.

Xylitol is an easy and healthy way to combat and prevent tooth decay. It comes in mints, candies, and gums like Trident Gum. Xylitol is effective in preventing and combating tooth decay because instead of promoting the growth of bacteria like other sweeteners, it reduces it. It also changes the amount of saliva and the acidity of it to help keep the teeth and mouth cleaner. The bacterium that is reduced includes cavity-causing bacteria ("strep mutans") which can be virtually eliminated with less than 15 grams of xylitol a day. This can be achieved with at least three pieces of Xylitol gum/mints/candies (gum is believed to be most effective) daily as well as implementing Xylitol-enriched fruits like plums and raspberries into a daily diet.



Xylitol is also available in oral hygiene products like toothpaste, mouthwash and floss.

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