



Adult Care

LIBERTY cares about more than just teeth!

What is Xylitol Natural Sweetener?



Xylitol sweetened chewing gum can prevent tooth decay

What is xylitol?

Xylitol is a natural sugar substitute sweetener that prevents cavities that comes from birch trees, fruits and vegetables. Xylitol looks and taste like sugar but has fewer calories, and does not raise the blood sugar levels like sugar does.

Who can use xylitol?

Xylitol can be used by adults and children.

What are the benefits of xylitol?

Xylitol has many health benefits. Xylitol helps prevent ear infections, upper respiratory infections, and lower sugar levels in patients with diabetes. Xylitol also helps prevent caries. The bacteria in the mouth uses sugars to make an acid that causes cavities. When the bacteria takes in xylitol it cannot make the acid that causes tooth decay.

Where can I get xylitol?

Xylitol is available in many forms. You can use xylitol as a natural sweetener for drinks and meals. You can also find xylitol in toothpaste, oral rinses, gum, mints, lollipops, lozenges and other.

How much xylitol do I need?

You need to consume 4-15 grams of xylitol a day.



fact:
Consuming xylitol can reduce tooth decay

Foods containing xylitol include: granulated sweeteners, chewing gum, toothpaste, dental floss, mouth rinse, mints, lollipops, and more!

Daily Routine for Adults and Kids:

Morning	Noon	Evening
1. Wake up: brush teeth with xylitol toothpaste	3. Lunch: chew 1-2 pieces of xylitol gum or 1 mint, or a xylitol lollipop	4. Dinner: chew 1-2 pieces of xylitol gum or 1 mint, or a xylitol lollipop
2. Breakfast: chew 1-2 pieces of xylitol gum, or rinse with xylitol mouth rinse		5. Before bed: brush teeth with xylitol toothpaste and rinse with xylitol mouth rinse