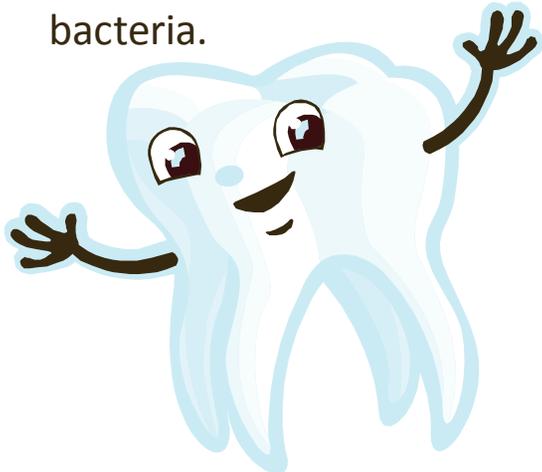


# 4 FOUR REASONS TO USE XYLITOL!

1. Xylitol stops tooth decay, and even reverses it!
2. Mothers or primary caregivers who use Xylitol have babies with healthier mouths.
3. Xylitol reduces ear and sinus infections.
4. Xylitol reduces cavity causing bacteria.



## Where to Find Xylitol

- Xylitol can be found in:
  - ◆ chewing gums
  - ◆ breath mints
  - ◆ toothpastes
  - ◆ mouth rinses
  - ◆ raw sugar form
- Health and natural food stores may have Xylitol products.
- Websites:
  - [www.xylitol.org](http://www.xylitol.org)
  - [www.epic.com](http://www.epic.com)
  - [www.sprydental.com](http://www.sprydental.com)

**Questions? Call your  
dentist or doctor.**

Adapted from Information provided by the  
Central Oregon Oral Health Coalition

# XYLITOL



**Nature's  
Cavity Fighter**

# Xylitol

What is Xylitol? Pronounced zy'lı-tōl'

- A natural sugar found in:
  - ◆ Fruits
  - ◆ Berries
  - ◆ Plants
  - ◆ Trees
  - ◆ Vegetables
- Xylitol is safe & approved by the FDA for everyone.
- Children can start chewing Xylitol gum around 5 years of age.
- Chew a piece of Xylitol gum after every meal or snack or brush with Xylitol toothpaste twice daily.
- Read labels for “Xylitol” as the only sweetener.



## Cavities

### What causes cavities?

Cavities are caused by a bacterial disease in the mouth that attacks the surface of the tooth.

Bacteria are especially active right after snacking or eating a meal.

### How are they spread?

Mothers or primary caregivers can pass these bacteria to their babies through normal contact such as:

- ◆ Sharing spoons, cups, etc.
- ◆ Kissing
- ◆ Putting the rubber end of a pacifier in the parent’s mouth to hold or “clean” it before giving it to baby.

## Tips

### How does Xylitol help?

*If 6 grams are used daily, Xylitol:*

- Reduces cavities.
- Helps heal cavities that have already started.
- Reduces ear and sinus infections for your baby.
- Stops new bacteria from sticking to your teeth and growing.

### 3 Ways to get Your 6 Daily Grams

- Chew 2 pieces of Xylitol gum, three times a day, after every meal.
- Use 4 Xylitol mints, three times during the day.
- Brush with Xylitol toothpaste and rinse with Xylitol rinse morning and evening. Chew Xylitol gum twice during the day.