

## Where Can I Get Xylitol?

 Grocery or discount stores. Look for gum and mints that have xylitol listed as the first ingredient.

 Your dentist may be able to purchase xylitol at discounted rates. Your dentist may also work with the local schools to provide xylitol as part of a school program.

## The Cavity Fighters

1. Xylitol
2. Fluoride
3. Sealants
4. Daily brushing and flossing
5. Limit pop and sweets

**For more information  
contact your local dental clinic**

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*A New Tool in the  
Fight Against Cavities*

# Xylitol



**Xylitol helps  
fight tooth  
decay in  
many ways!**

## What Is Xylitol?

Xylitol (zy-la-tall) is a natural sweetener that is found in small amounts in many fruits and vegetables. When used as the main sweetener in gum and mints, xylitol can prevent cavities.



## Is Xylitol Safe?

Yes. The United States Food and Drug Administration approved xylitol as a sweetener in the 1960s. The only side effect is a possible slight laxative effect if a lot is eaten. This is the same as with most artificial sweeteners.

## Who Should Use Xylitol?

Any children and adults who are at high risk for cavities. Xylitol also prevents the transmission of cavity-causing bacteria between mothers and infants. Ask your dentist if you would benefit from xylitol.



**Research shows  
that xylitol  
prevents cavities!**

## How To Use Xylitol

Ideally, you should use xylitol after a meal or snack. You need to use 5-10 grams of xylitol daily. If xylitol is listed as the first ingredient on the gum or mints, you will need to use 1-2 pieces, 3-5 times per day. Your dentist can help you figure out how much you should use.

**There is no evidence that xylitol works if used inconsistently and in amounts less than those recommended.**

For more information, check out these websites

[www.xylitol.org](http://www.xylitol.org)  
[www.xylitol.net](http://www.xylitol.net)

