

# Warpeha Prosthodontic Dental Clinic

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## Tips for a Clean Mouth and Appliances by Hygienist Michelle A.

### Xylitol

Xylitol is an all-natural sweetener derived from plant materials. It was discovered in the 1890's and has been through extensive safety and efficacy testing beginning in the 1960's through today. As a sweetener, it is slowly metabolized with fewer calories and carbohydrates than sugar – placing it very low on the glycemic index. It is also extremely beneficial to oral, eye, upper respiratory health and assists in wound healing. Since it, unlike sugar, does not act as a food source for bacteria, it actually prevents bacteria from reproducing, colonizing, and sticking to susceptible areas of the body and mouth. Xylitol prevents decay and is helpful for patients with dry mouth because it causes stimulation of the salivary flow.

See this link to [www.xylitol.org](http://www.xylitol.org) for more information.

Most people are not aware of the benefits of xylitol. These healthful benefits are not part of product advertising because their claim would push xylitol into a drug classification - thus crossing a boundary not allowed by the Food and Drug Administration.

### *Xylitol comes in many forms:*

- nasal spray
- toothpaste
- mouthrinse
- gum
- mints
- candy
- raw crystal form

The current recommendation for optimal oral health benefits is usage of xylitol products 5 times per day in 1 g. servings.

An easy regime to incorporate xylitol into your day includes:

- applying xylitol toothpaste or mouth rinse in the morning
- eating a xylitol mint, gum or candy after meals
- applying xylitol toothpaste or mouth rinse before bedtime