

## Where can I get xylitol?

Some sugar free gum contains xylitol. Be sure xylitol is listed as the first ingredient on the package. You can find xylitol products including gum and mints at a health food store, supplement store or the natural section of most grocery or pharmacy stores. Xylitol products can also be found on the internet.

Here are just some of the common products that contain

# XYLITOL



## Resources for Dental Care

- Call 211
- Snohomish Health District  
[www.snohd.org](http://www.snohd.org)

From the home page, select 'Find a Low-cost Dentist' from the left side bar. Then click or print Low Cost Dental Resources.

- **425.339.5219** (recorded message)  
Call if you want a list of dentists that currently accept Medicaid or provide low cost dental care
- **WithinReach**  
[www.parenthelp123.org](http://www.parenthelp123.org)  
Online eligibility for Medical/dental coverage.

**Snohomish Health District**  
Oral Health Program  
3020 Rucker Avenue, Ste 203  
Everett, WA 98201-3900  
425.339.5219

## First Smiles



**Xylitol Gum**  
(zy-la-tall)



## **Xylitol gum prevents tooth decay!**

### **Did you know that you can pass on the germs that cause tooth decay to your baby?**

If you have cavities, you may have the type or the amount of germs that increase the chance that your baby will have cavities.

### **How does that happen?**

By doing things that loving parents do such as kissing and tasting baby's food.

### **What can you do about it?**

Chewing xylitol gum 3 to 5 times a day can lessen the chance of passing the germs to your baby that cause tooth decay.

### **What is xylitol?**

Xylitol is a good tasting, natural sweetener found in fruits, vegetables and other plants. It can be found in gums and mints. It also comes in granular form to use in cooking or to sweeten foods or drinks.

Xylitol has a low impact on blood sugars. Twenty years of research shows it helps with dry mouth and reduces decay.

## **Benefits of Xylitol Gum**

Prevents tooth decay by:

- Increases saliva which helps to clean and protect teeth from decay
- Decreases cavity causing germs
- Keeps moms from passing the germs that cause decay to their babies
- Helps to remove plaque and food debris

### **Added benefit:**

Children can use xylitol gum when they are old enough to chew gum without swallowing it.

Children who chewed xylitol gum everyday had 40% less inner ear infections than children who were not given the gum according to a study in the October 1998 issue of *Pediatrics*.

## **How to use xylitol gum**

- 5 grams of xylitol per day is ideal
- Chew the gum three to five times a day
- Chew one to two pieces of gum each time
- Chew gum for at least 5 minutes
- Chew gum after meals and snacks
- Mom's should start chewing xylitol gum before baby's teeth come in
- Xylitol should be listed as the first ingredient on the package
- As with all sugar - do not eat too much because it may cause stomach cramping and/or bloating

