

Xylitol in the correct daily dose has been proven to lower decay rates

Xylitol is a safe, healthy, and effective sugar substitute

Xylitol is available in many forms, making it easy to use

Xylitol tastes great!



Xylitol is a 5-carbon sugar that is commonly found in birch tree sap and naturally occurring in some fruits and vegetables.

Xylitol works to prevent cavities in a number of ways:

- Xylitol actually works to control the number of acid-producing bacteria in the mouth, which can in turn prevent cavities, and is available in many forms, from gums and mints to toothpastes and mouth rinses.

- Xylitol is usually measured in grams, and studies show the recommended therapeutic dose is 6-11 grams per day. Alkaline dental products that combine xylitol and fluoride may be more effective.

- If you ingest more than 25-30 grams in one day, you may have an upset stomach and/or diarrhoea. Xylitol can be very harmful, even potentially fatal, to dogs, as they cannot metabolise it like people can.

