



How to instructions

The use of sugar-free lozenges



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Most of us know that sugar is a big risk when it comes to dental decay. So why does it have to be so delicious and addictive? We are all about finding ways to minimise dental risk while not completely eliminating small joys.

You can try sugar alternatives if you want your sweet fix. Sugar substitutes are proven to be safe, but you just don't want to overdo it. You can choose between lozenges, mints, wafers and chewing gum. Please read the list of ingredients from the manufacturer to make sure that you are really choosing a sugar-free option.

Have a maximum of 12 per day (normally this is 6 times per day with 2 pieces of gum / mint or lozenge), ideally after meals. You just need to choose which sugar-free delight and flavour you are

going to buy and eat. Chewing gum is better for saliva stimulation, but messy, has a higher risk of swallowing and needs to be disposed of carefully. Mints, lozenges and soluble wafers are other possible sugar-free options for you. The mint and wafer options are great as they are no mess, and suitable for people who have difficulty chewing or who have dentures or an orthodontic appliance. But they are also less likely to stimulate saliva flow.