



How to instructions

Xylitol gum, mints and lozenges



Most of us know that sugar consumption increases the risk of tooth decay. So why does it have to be so delicious and addictive? The good news is that there are sugar alternatives that can be enjoyed without the calories and dental problems.

Sweet treats that contain Xylitol have some added advantages over other sugar alternatives because it works to reduce the bacteria most responsible for tooth decay. Sugar substitutes are proven to be safe to eat, but excessive consumption can cause an upset stomach.

Chewing gum is better for saliva stimulation, but messy, has a higher risk of swallowing and needs to be disposed of carefully. Chewing gum may not be suitable for people with dentures, loose, or fragile teeth. 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.

1. Have a maximum of 6 pieces of GUM per day, chewed slowly ideally after meals or snacks OR maximum of 12 small mints or lozenges **dissolved slowly**, ideally after meals or snacks.
2. Dispose of gum thoughtfully
3. DO NOT allow DOGS to eat Xylitol products as it is toxic for them