AUBURN PHARMACY

Why choose Xylitol gum over regular chewing gum?

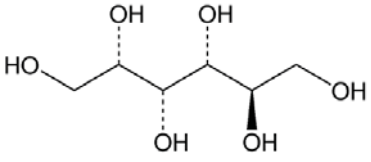
-Bacteria in our mouths love to attack and snack on the leftover sugars we leave behind after eating.

-Bacteria digest these common sugars and use them as fuel. As they break down the sugars, they release acid.

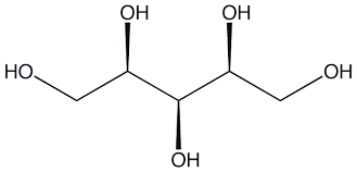
- This acid from the bacteria can lead to tooth erosion. The acid breaks down important minerals such as calcium and phosphate in our teeth, which keeps our teeth white and strong.

-Losing enough of these essential minerals also increases the risk of getting a cavity. We know in general bacteria are one of the other reasons we can get cavities.

-Xylitol is a sugar that has a different structure compared to common sugars found in other gum and foods. It is a 5-carbon sugar compared to a 6-carbon sugar such as sorbitol, a sugar commonly found in chewing gum.



Sorbitol



Xylitol

-Xylitol is an all-natural sweetener found in numerous fruits and vegetables. It can also be extracted from a variety of plants.

-Xylitol inhibits bacterial growth. It does this simply due to its unique structure.

-Bacteria cannot tell the difference between sugars. Therefore, they eat xylitol mistaking it for common sugars. Once in the bacteria's system, xylitol forms an unstable molecule that builds up over time and clogs the bacteria's digestive system.

-With a faulty digestive system, the bacteria cannot produce and release acid.

-Therefore, chewing xylitol gum may help reduce the amount of bacteria and harmful acid found in our mouths.

-Numerous dentists recommend xylitol gum usage over regular gum. Studies have shown less tooth decay in the xylitol groups, likely due to the decrease in bacteria-producing acid.

-Xylitol is approved by the FDA as safe for human consumption. The gum is recommended and may be used by both children and adults.

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Xylitol and dental caries: an overview for clinicians. Lynch H, Milgrom P. *J Calif Dent Assoc.* 2013 Mar;31(3):205-9.