

Where can I get xylitol gum?

Some sugar free gum at the store has xylitol. Be sure to look and see if it is listed on the package. You can order the gum online at many sites. Here are a few examples:

www.xylipro.com
www.xylitolnow.com
www.uniquesweet.com

You may also order from:

BioScience
2398 Alaska Ave.
Port Orchard, WA 98366
360-871-1234



Clark Co Public Health

Oral Health Program
PO Box 9825

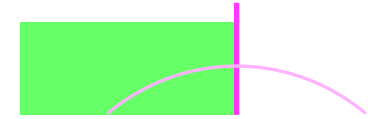
Vancouver, WA 98666-8825

Questions?

Call Melody Scheer, BS, RDH
360-397-8020

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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 prevent or delay 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 is used in gum and mints.

Benefits of Xylitol

- Helps repair weakened tooth enamel
- Increases saliva which helps to clean and protect teeth from decay
- Helps prevent tooth decay
- Tastes good
- Keeps moms from passing the germs that cause decay to their babies

Added Benefit:

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 Oct. 1998 issue of *Pediatrics*.

How to Use Xylitol Gum

- Chew the gum three to five times a day
- Chew one piece of gum each time
- Chew gum for at least 5 minutes
- Chew gum after meals and snacks

