

Keep Clean this School Year with Xylitol

Whether it's the first day of kindergarten or if you're off to the dorms for college, there are some things you can do to avoid expensive dental visits later down the road. Taking a few moments to plan the use of xylitol in the daily routine is time well spent.

1) Start the Day Off Well

Brush at least two times a day. Try taking a 30 second rinse with a xylitol mouth rinse. An extra exposure to xylitol will do wonders for your oral health, helping to relieve the body of harmful bacteria in the mouth.

2) Xylitol Chewing Gum, Mints, and Candies throughout the Day

Professionals suggest receiving five exposures to xylitol a day. Schools are riddled with soda and vending machines that give easy access to products that will cause tooth decay. Xylitol chewing gum,

mints, and candies make it convenient to get the five exposures for all-day protection.

3) Xylitol Sweetened Water

If gums, mints, and candies aren't an option, sip on water sweetened with xylitol. A small packet of XyloSweet is good for a bottle of water and will give an additional exposure to xylitol in an easy way.

4) For Those Involved in Athletics

Be careful with sports drinks. Water is often the best option unless the activity is rigorous, in which case sports drinks should be used. But be aware that constantly sipping them will wreak havoc on teeth. Also remember to protect your chompers with a good mouth guard, especially if you play a contact sport.



Remember:

Spry 5! Get five exposures to xylitol each day for a happy and healthy smile. Find out more at www.xlear.com.

