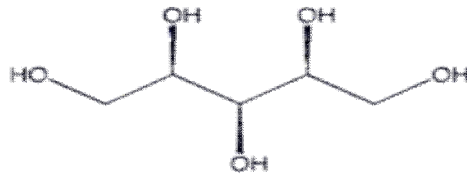


Xylitol

C5H12O5



This is a naturally occurring sugar substitute found in the fibres of many fruits and vegetables. It can be extracted from corn fibre, birch bark, raspberries plums and corn. In fact your body typically produces 5 - 15g of xylitol per day during its natural energy metabolism processes.

As sweet as sugar but with only about half the calories, it was first popularised in Europe as a safe sweetener for people with diabetes that would not impact on insulin levels and have a lower impact on their blood sugar than regular sugars. Xylitol has a very low Glycaemic Index of only 8, compared to glucose which is 100.

In fact it has many health benefits:

- **Dental Care:** Xylitol is "tooth friendly". Studies from Finland in the 1970s found that a group chewing sucrose gum had 2.92 decayed, missing, or filled teeth compared to 1.04 in the group chewing xylitol gums. Smint and some chewing gums are marketed in part based on the claimed dental benefits of xylitol
- **Osteoporosis:** Xylitol also appears to have potential as a treatment for osteoporosis. A group of Finnish researchers has found that dietary xylitol prevents weakening of bones in laboratory rats, and actually improves bone density.
- **Anti-Candida:** A recent report suggests that consumption of xylitol may help control oral infections of candida yeast; whereas glucose and sucrose may increase proliferation.
- **Anti-Bacteria Properties:** When bacteria enter the body they hold on to the tissues by hanging on to a variety of sugar complexes. The open nature of xylitol and its ability to form many different sugar-like structures appears to interfere with the ability of many bacteria to adhere. Studies have shown that xylitol chewing gum can help prevent ear infections. Xylitol has been found to increase the activity of the white blood cells involved in fighting many bacteria.
- **Pregnant or nursing women:** Studies have shown that regular use by the mother to be, significantly reduces the probability of tooth decay, during the child's first two years of life.

Xylitol can be used like regular sugar

Use it in almost any situation, in drinks, on cereal, in cooking etc. The only exception is where its anti-yeast properties means it cannot be used for culinary purposes that rely on the use of yeasts e.g. in baking bread.

Xylitol, is very safe

A large amount can have a laxative effect, because it is not fully broken down during digestion. However, it has no known toxicity and people have consumed as much as 400g daily for long periods with no apparent ill effects.

Warning note: do not give to **dogs**, ones receiving high doses of xylitol (greater than 100 mg of xylitol consumed per kg of bodyweight) have presented with low blood sugar which can be life-threatening.

Buying Xylitol

There are a number of sources and you can even get a fine powdered version in some supermarkets, but the one we recommend is **XyloBrit**— we feel it has the closest granular texture to normal sugar and is the best value source we've found at £2.79 for 250g. **You can order from the NutriCentre -**

Quote: product code BHP001, practitioner code PCP/FB001 (Tel: 0845 602 7197 or 0208 752 8463).

