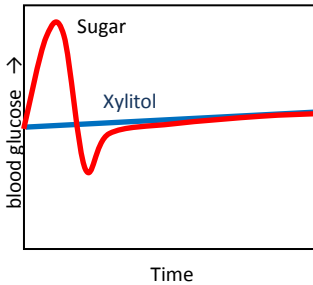


Xylitol: the sweet truth.

Xylitol is a neutraceutical which allows us to indulge a sweet tooth while benefiting our health.

Here's why;

- Very low GI . Xylitol has a glycemic index of 7 (glucose has a GI of 100; sucrose 68). Consequently it does not give the sugar 'high's' & 'lows'. This makes it ideal for people with diabetes, hypoglycemia, ADD and ADHD.
- 40% less calories than sucrose (sugar). Ideal for slimmers (1 teaspoon has 9.6 kilocalories, or 40 kjoules).
- Xylitol is a natural sugar found in many fruits & vegetables (yellow plums, berries, lettuce, mushrooms, etc).
- Xylitol is part of our body chemistry. We produce 5-15g per/day of Xylitol in our metabolic pathways (in the liver).
- Profound dental benefits. Tooth decay-causing bacteria are unable to break down Xylitol. They fail to form acid-producing plaque, the precursor to cavities.
- Multiple intakes: Research has shown the benefits of Xylitol when given in small amounts (1-2gm), often (3-5 X per day), long-term. Optimal dental benefits are 10gms (2 teaspoons) daily. At these low levels no gastro-intestinal problems occur.



Crystals; 500g.

Use spoon-for-spoon like sucrose in beverages, over cereal and in non-yeast baking.

For meringue recipe visit www.teethforlife.co.za.

Ideal for diabetics, ADD and ADHD, slimmer's (40% less calories than sucrose) and the health-conscious.

Xylitol (oral gel) toothpaste.

Use for baby & infant mouth cleaning. Ideal as a toothpaste substitute for children under 6yrs. (safe to swallow).

Use for older children and adults to achieve a high level of Xylitol for dental prevention benefits.

Suitable to use under dentures and retainers to prevent bacterial and fungal growth.

