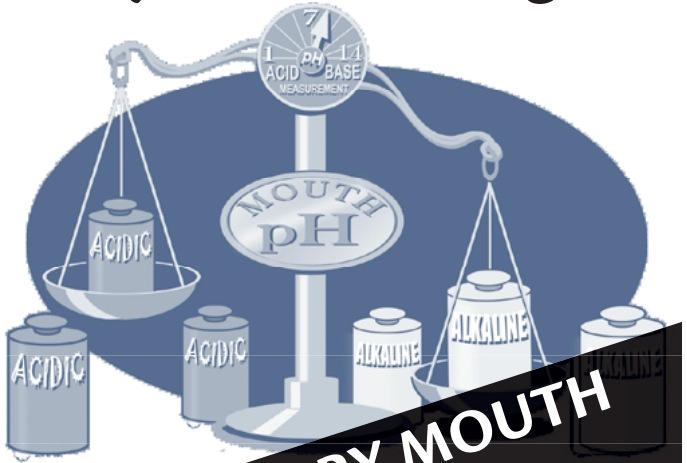


Dry Mouth Dangers



**ACIDS + DRY MOUTH
= CAVITIES!**

Xylitol

**A Natural Way to
Protect and Strengthen
Your Teeth**

The Danger of Dry Mouth. Who is at risk?

People with a dry mouth - have mouth acidity and are at a greater risk for dental damage.

A dry mouth is caused by saliva thickening or drying up for the following reasons:

Stress and Aging

Mouth Breathing (due to allergies, sinus, blocked or broken nose, athletic running and aerobic exercise or simply sleeping and breathing with your mouth open)

Dehydration (due to exercise, illness, hot weather or hormonal changes.)

Most medications (For example: Ritalin, Allergy and Asthma medications, anti-depressants, etc.)

Your Risk Factor

Factor	Dry	Acidic	Risk	Most Likely
Moist, No Acid			LOW	Normal, Healthy
Dry Mouth	X		MEDIUM	Athletes, mouth breathers, on medication, allergies, sinus
Acid Mouth		X	MEDIUM	Acidic drinks (soda), poor diet, acid reflux, pregnancy
Dry & Acidic Mouth	X	X	HIGH	Seniors on meds, sick children & adults, chemotherapy, dibilitated

ACIDS + DRY MOUTH = CAVITIES

If you have a dry mouth you lack the natural protection of saliva. You will not have saliva to:

1. Lubricate teeth
2. Dilute and balance acidity
3. Bring minerals to teeth

Xylitol will help lubricate your teeth, by stimulating saliva. It makes your mouth alkaline and brings minerals to your teeth.

ALKALINE + SALIVA = PROTECTION

Teeth are protected in alkaline saliva. At a pH of around 7.2 or above, the conditions in your mouth encourage strengthening and the repair of teeth.

Mouth acidity can change.

Someone with safe alkaline saliva may suddenly become acidic because of a stressful situation or something as simple as a sinus infection.

We may all become acidic.

Almost everyone has a more acidic mouth as they age or if they take medications. Testing mouth acidity will tell you your mouth pH and will help you understand if you are at higher risk for dental disease.

What can you do if your mouth is acidic?

There are many foods that can help make your mouth alkaline:

- Almonds and other nuts, Milk, Cheese and dairy products
 - Bananas, Apples, Pears and Grapes
 - Carrots, Celery and Potatoes, Water (but, water pH varies!)
- XYLITOL**

Sweet Solution: XYLITOL

Xylitol is an easy and convenient way to make your mouth alkaline. Xylitol is delicious and is your own special weapon in the fight against mouth acidity and dental disease.

Xylitol comes from the fibers of fruits and vegetables. Birch wood was the original source of xylitol over 60 years ago and remains the premier source today.

Pure xylitol looks and almost tastes like sugar (sucrose) but with 40% fewer calories. Xylitol is diabetic friendly and has a low glycemic index. When xylitol dissolves in your mouth, it makes a sweet sugary solution that protects your teeth.

Studies show that eating at least 6 grams of xylitol each day (mints, gum or granular) for 5 weeks will remove harmful germs from plaque on your teeth and in 6 months 95% of these germs will be removed from your whole mouth.



It is easy to get your 6 grams a day!

Eat Zellies Mints or chew Zellies Gum. Zellies are sweetened with 100% xylitol and each piece has a full gram of xylitol. Use it after you eat or drink anything to keep your mouth healthy and acid free.

Dissolve granular xylitol in water and keep it by your bedside to help combat dry mouth at night. Or any time of day!

Use granular xylitol to sweeten your coffee or tea. Granular xylitol can also be used for baking.

For more information Visit **Zellies.com**