

151 Riverside Drive  
Binghamton, NY 13905  
607-724-1389 • Fax 607-724-6468



609 East Main St.  
Endicott, NY 13760  
607-754-3080 • Fax 607-754-3083

Family, Cosmetic and Implant Dentistry  
[www.summitdentalarts.com](http://www.summitdentalarts.com)

---

## **Management of Decay with Xylitol**

Xylitol is effective for the management of decay when used on a daily basis. The recommended amount is 6-10 grams, with frequent exposures throughout the day. Xylitol should be used at least five times daily. If used only occasionally or as little as once a day, Xylitol may not be effective, regardless of the amount. It is convenient and available in many forms such as toothpaste, mouth rinse, chewing gum, mints, candies, infant tooth gels and nasal spray. The best products to use should contain 100% natural Xylitol.

### **STRIVE FOR FIVE PROTOCOL**

#### **Morning:**

1. Brush with Xylitol toothpaste. (.65 grams of Xylitol)
2. Rinse with Xylitol mouth rinse. (0.3 grams of Xylitol)
3. After breakfast, use 2 Xylitol mints, candies or chewing gum. Chew gum for at least a 5 minute period. (1 to 1.4 grams of Xylitol)

#### **Mid - Morning:**

1. Chew 2 pieces of Xylitol gum or use 2 Xylitol mints.

#### **Lunch:**

1. After lunch, chew 2 pieces of Xylitol gum or use 2 Xylitol mints.

**Mid- afternoon:**

1. Chew 2 pieces of Xylitol gum or use 2 Xylitol mints.

**Evening:**

1. After dinner, chew 2 pieces of Xylitol gum or use 2 Xylitol mints.
2. Rinse with Xylitol mouth rinse prior to flossing your teeth.
3. Brush teeth with Xylitol toothpaste prior to going to bed.

**Anytime:**

Chew 2 pieces of Xylitol gum or use 2 Xylitol mints to freshen your mouth and keep Xylitol working throughout the day. Remember to end every meal, snack or drink with Xylitol.