

# XYLIT

## 100 % NATURAL XYLITOL

Half the calories, full taste, dental benefits,  
suitable for Diabetics



### What is Xylitol?

Xylitol is an organic compound that occurs naturally in many fruits and vegetables and is a sugar substitute. It is as sweet as sucrose with only half the food energy. Xylitol has almost no aftertaste, and is advertised as safe for diabetics and individuals with hyperglycemia. This tolerance is attributed to the lower impact of Xylitol on a person's blood sugar, compared to that of regular sugars, having a very low glycemic index of around 10 (glucose has a GI of 100). Xylitol inhibits the growth of bacteria that form acid and attack the tooth enamel. Our body knows Xylitol - during carbohydrate depletion in the liver, 6-15 g of pure Xylitol is produced daily as a natural insulin stabilizer.

### What does Xylitol do for the body?

Possessing about 40% less food energy, Xylitol is a low-calorie alternative table sugar. Absorbed more slowly than sugar, it does not contribute to high blood sugar levels or the resulting hyperglycemia caused by insufficient insulin response. Xylitol is tooth-friendly; it is non-fermentable and systematic review on its efficacy has indicated dental health benefits in caries prevention. Xylitol is specific in its inhibition of the bacteria that are significant contributors to tooth decay. A demineralization occurs when acids in the mouth attack tooth enamel. Xylitol in the mouth with a combination of calcium and salivary proteins has a remineralisation effect on the tooth structure and thus reconstructs and strengthens the teeth.

### What are the benefits of Biosana XYLIT Sugar Substitute?

Biosana XYLIT is available in white powder with the same appearance as sugar. It has the same taste and sweetness as sugar, but the calorie content of XYLIT is about 40% less than regular sugar and can be substituted anywhere. It is heat stable and can also be used in cooking and baking. XYLIT is ideal for diabetics as it has little effect on blood glucose and insulin levels. An oral cavity with the correct acid-base balance (pH 7.0 - 7.5) is crucial for strong care-free teeth, healthy gums and a fresh breath. A regular mouthwash with ½ to 1 teaspoon of XYLIT after meals may have the positive effects of reducing tooth decay, reducing the acid and plaque-resistant bacteria, reducing plaque, preventing gingivitis, strengthening the gums, reducing the sensitivities in teeth, reducing the coating on the tongue and preventing bad breath. Biosana XYLIT has been produced using non-invasive production methods and sustainable harvesting. It has not been tested on animals, is free from animal ingredients and does not contain genetically modified substances.



For 40 years, the best for your acid-base balance.  
Acid-base Neutrality for your Well-being.  
100% Swiss - Produced with quality, ethics and conscience.