

XyliMelts for **Dry Mouth** by OraCoat

Product description, function, and scientific studies on xylitol

XyliMelts

- (1) stimulate saliva flow,
- (2) release an oral lubricant/humectant that coats and moisturizes the mouth, protecting it from drying out,
- (3) suppress bacteria that flourish in a dry mouth, and
- (4) last 1 to 4 hours in a dry mouth during the day, 3 to 8 hours while sleeping.

Additional Features

- 500 mg xylitol (1.2 calories), time-released, enough lingering in the mouth to reduce plaque and tooth decay.
- The tan, dimpled side discretely sticks to teeth or gums - no effect on talking or appearance.
- Helps people with dry mouth sleep through the night.
- Can be used with braces or dentures.
- All natural
- Mild mint flavor – mint-free also available.

Potential Benefits of Xylitol: When maintained in sufficient concentrations in the mouth for an effective duration each day, xylitol provides these benefits for oral health:

1. **Reduce tooth decay** by suppressing the causative bacteria, *Streptococcus mutans* (SM), and reducing plaque.¹
2. **Reduce plaque in the mouth**,^{2,3} which helps reduce tooth decay, gum disease, and bad breath.
3. **Stimulate saliva flow**,⁴ which helps reduce tooth decay, gum disease, and bad breath.
4. **Reduce inner ear infections** (behind the ear drum) by suppressing the common causative bacteria, *Streptococcus pneumoniae* (SP) and *Haemophilus influenzae* (HI) and reducing their adherence to human tissues.⁵
5. **Suppress appetite:** When used before a meal, xylitol reduces typical caloric consumption during the meal by more than the calories in the xylitol (but not enough to be worth using just for this purpose).⁶
6. **Reduce tooth decay in children:** When used in the mouths of caregivers starting when the child is 10 months old, xylitol reduces tooth decay in the child by suppressing the causative bacteria in the care givers' mouths so the bacteria do not colonize the child's mouth.^{7,8}

Xylitol use may offer the following additional benefits which, as of January 2008, are not yet proven:

7. **Reduced bad breath and gum disease:** Xylitol suppresses species of bacteria that significantly contribute to bad breath and gum disease,⁹ which may cause it to reduce bad breath and gum disease by this process in addition to helping reduce bad breath and gum disease by reducing plaque and promoting saliva flow.

8. **Whiter teeth:** Dental plaque absorbs stains. Xylitol reduces plaque² and therefore should reduce stains.

The U.S. Food and Drug Administration has not evaluated these statements.

Prior xylitol delivery methods are inefficient

When delivered in typical chewing gum or candies, xylitol quickly dissolves and is swallowed and the benefits cease.^{10,11} A person needs to chew 5-7 pieces of gum or consume 20 candies per day to maintain an effective amount of xylitol in the mouth.³ For many people this is undesirable, impractical, or impossible, and presents a risk of gut discomfort from excess swallowed xylitol.

XyliMelts optimize xylitol delivery and dry mouth treatment

XyliMelts time release 500 mg of xylitol for maximum effectiveness per gram of xylitol to inhibit harmful bacteria. The mechanisms are not yet well understood, but it is clear that, when it lingers in the mouth long enough at adequate concentration, xylitol reduces plaque and tooth decay. XyliMelts allows more lingering of xylitol per gram than any other delivery method.

Directions: Use two discs before bed, one on each side of the mouth. Adhere the tan, dimpled side on or beside a molar, upper or lower. During the day, use as needed. Leave undisturbed until dissolved. You may remove the disc and re-adhere it.

Warnings:

- Not recommended for children under age 5 due to risk of choking.
- Do not use while sleeping adhered to the roof of your mouth – it might lodge in your throat or lung, causing discomfort until it dissolves. While sleeping, use only on the outside of a molar.
- Do not give xylitol to dogs or other pets.

Ingredients: Xylitol, vegetable gum, cellulose gum, mild natural peppermint flavor (omitted in mint-free XyliMelts), calcium carbonate, magnesium stearate, *and nothing else*. CONTAINS NO: animal products, fermentable sugar, color, dyes, artificial flavoring, or preservatives and no products of peanuts, tree nuts, corn, wheat, rice, grain, gluten, soy, egg, fish, shellfish, milk or yeast.

Carbohydrate exchange for diabetes: Xylitol raises blood glucose half as much per unit weight as typical carbohydrates.

Frequently Asked Questions:

Can I use XyliMelts instead of, or in addition to, fluoride? Although the dental benefits of fluoride far outweigh the risks, there are still people who choose to avoid fluoride. For them, XyliMelts is an alternative. And, when xylitol and fluoride are used together, each makes the other more effective against tooth decay.¹²

Do XyliMelts cause indigestion or diarrhea? If their systems are not used to it, many people find that they have gut discomfort when they ingest more than about 10 grams of xylitol.¹³ The time-release of XyliMelts allows a small amount of xylitol to be effective (less than 5 grams per day), eliminating all risk of discomfort.

What would happen if I inhaled a XyliMelts disc? Whether the disc is in your mouth or throat or lung, the disc will entirely dissolve, so nothing would need to be done but give it time to dissolve.

Contact:
Jeff Haley, Chief Scientist
OraHealth Corporation
Bellevue, WA
1-877-672-6541
www.orahealth.com

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