



XYLITOL

■ Doesn't Promote Cavities

■ 40% Fewer Calories

■ Ideal for Cooking and Baking

■ Completely Safe for Adults and Children

■ Zero Impact Carbs

■ Low Glycemic Index Rating

References

- 1) Edwards, Karen, *Sweeten your life the Xylitol Way*, 2003, Karen Edwards PhD.
- 2) Gallop, Rick, *The GI Diet*, Workman Publishing, 2002
- 3) Appleton, Nancy, *Lick the Sugar Habit*, Avery Publishing, 1996
- 4) Ross, Julia, *The Diet Cure*, Penguin, 1999

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Quality is Affordable

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Sugar is rotting more than your teeth. It's true. A tablespoon here, a few packets there, a cube or two with your afternoon tea. It adds up faster than you might imagine. And while satisfying the old sweet tooth is a pleasure that we're all guilty of, it's important to understand that consuming excessive amounts of sugars can do significant damage to more than just your smile.

Unfortunately, the problem doesn't stop at table sugar. In fact, the most detrimental sugars are often hidden in popular processed foods and beverages. High fructose corn syrup (HFCS) is a perfect example. Made popular in the 1970's, HFCS is commonly used in soda, jelly, candy, sauces, condiments, beer, cookies, breakfast cereals and many more. After a chemically-intense extraction and treatment process, all that remains is an extremely sweet, nutritionally-depleted chemical that's inexpensive to manufacture with an extremely high glycemic rating. Within the body, high glycemic sweeteners are among the most unfavorable, as they can reduce insulin sensitivity and encourage the body to store greater amounts of fat.

Thanks in part the mainstream media, the public has been made well aware of the influence sugar can have on tooth decay and weight gain. Still, diets high in sugar can lead to a number of health ailments that only seem to generate the attention they deserve after its too late.

In no particular order, excess sugar may...

- Cause headaches and migraines*
- Decrease Vitamin E reserves*
- Decrease the quality of vision*
- Lower immune system response*
- Cause hyperactivity in children*
- Encourage LDL (bad) cholesterol*
- Limit learning capacity*
- Increase the symptoms of depression*
- Prevent bowel movements*
- Reduce sensitivity to insulin*
- Damage human DNA structure*
- Hinder the absorption of calcium/magnesium*
- Cause hemorrhoids*
- Prevent the release of growth hormone*
- Lead to the formation of kidney stones*
- Cause allergic reactions to certain foods*
- Produce excess digestive tract acidity*
- Alter the structure of protein*
- Interfere with normal homeostasis*
- Restrict enzymatic activity*
- Increase fat content in the liver*
- Increase fluid retention*
- Lead to copper deficiency*
- Promote sluggish digestion*
- Debilitate adrenal gland function*

Scary, isn't it? What's even more frightening is that most Americans have been left in the dark with regard to the damage that can be caused by regularly consuming excessive amounts of sugar. Don't panic. Nature has blessed us with a host of natural sweeteners that can serve as much healthier alternatives. One of the most exciting of the bunch is Xylitol, an all-natural sugar alcohol that was initially discovered in the 1800's. Only now, however, is it getting its due recognition. Let's investigate.

If the name sounds familiar, it should. Xylitol has been the subject of intense study for close to 30 years, and the findings continue to prove that Xylitol is the *real deal* when it comes to sugar substitutes. For starters, Xylitol looks, and has the same texture as sugar. Side by side, it would be practically impossible to distinguish one from the other. With regards to taste, it's sweet, but not nearly as overpowering as the sugar we've grown accustomed to. Finally, it mixes instantly and has become a favorite in kitchens for baking and dessert preparation. Yet despite how similar this crystalline compound is to conventional sugar, it also possesses a number of interesting advantages.

One of the most notable is in its caloric value. Xylitol has approximately 40% fewer calories than regular table sugar. This is due to the slower pace at which Xylitol is absorbed and partially utilized. At 2.4 calories per gram vs. 4 calories per gram in conventional sugar, it's easy to see why Xylitol has created such a stir among calorie counters. But that's just the beginning. What makes Xylitol genuinely unique lies in the long list of health benefits that have been demonstrated in numerous studies.

Unlike table sugar and HFCS, Xylitol does not promote cavities. Studies have shown that when consumed in chewing gums, tooth pastes, oral rinses, mints and hard candies, Xylitol is a smart choice for individuals concerned with dental health. Moreover, Xylitol has received official endorsements from 6 International Dental Associations.

Another advantage of this natural, low calorie sugar alcohol is that the body does not metabolize Xylitol in quite the same manner that it metabolizes sugar. Instead, Xylitol is absorbed at a much slower rate, and as a result, does not cause blood sugar and insulin levels to spike in the fashion that conventional sugar does. Typically, the glycemic index of sugar tops out near 100, while Xylitol is closer to 7.

Our mouths, middle ear and upper respiratory systems are prone to a number of harmful infection-causing bacteria. One of the major problems with conventional sugar is that it can help these bacteria grow. Xylitol, on the other hand, can not be utilized by these bacteria.

And unlike many commercially marketed artificial sweeteners, Xylitol is a completely natural substance that the body produces everyday. This deems it a completely safe alternative to conventional sugar for people of every age.





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■ Making the switch from conventional sugar is a smart move for any healthy conscious individual. And with so many alternatives to choose from, the transition has never been easier! NOW offers a comprehensive selection of natural sweeteners sure to satisfy your sweet tooth.

References

- 1) Makinen, K.K. & Peldyak, J., *Xylitol for Caries Prevention*, Journal of Dental Hygiene, Vol. 76, Issue IV, 2002
- 2) Makinen, K.K., *History, Safety and Dental Properties of Xylitol*, Institute of Dentistry, University of Turku, Finland, 2003
- 3) *Reduced-Calorie Sweeteners: Sorbitol*, Calorie Control Council, 2003
- 4) Wade, A. & Weller, P.J., *Handbook of Pharmaceutical Excipients - Second Edition*, The Pharmaceutical Press, 1994

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Quality is Affordable

DATE SUGAR

❖ **Date Sugar** - Of the many alternatives to table sugar, the pleasant tasting extract of dehydrated dates may be one of the most natural and nutrient dense. While it can be used for a plethora of applications, the most common are in cereals, oatmeal, baked goods, beverages and puddings. In fact, date sugar bares a closer resemblance to food than it does to a sweetener. Nutritionally, it's loaded with vitamins and minerals, especially potassium, magnesium, calcium, iron and phosphorus. Perhaps the most fascinating aspect of this natural sweetener is that it contain significant amounts of fiber. Best of all, date sugar is the closest in sweetness to the table sugar many have grown accustomed to.



ERYTHRITOL

❖ **Erythritol** - Since the early 1990's, the popularity of this white crystalline sugar alcohol has steadily increased, and is now becoming the norm among many consumers and businesses alike. With a sweetness that is approximately 70% that of sucrose, a non-hygroscopic texture to prevent clumping and easy digestibility, it's no surprise that so many have turned to this completely safe polyol. In addition, Erythritol is completely safe for teeth, extremely low in calories, won't raise blood sugar levels, has zero "impact" carbohydrates and is one of the most easily digested of all sugar alcohols.



SORBITOL

❖ **Sorbitol** - Sorbitol is a sugar alcohol, or polyol, that is most commonly found in a variety of fruits and vegetables. Many people have taken a keen interest to it as an alternative to conventional table sugar for two primary reasons. First, it is used by the body in a much slower manner than regular sugar is. This is due in part to its lower glycemic rating. Finally, it has fewer calories per gram, making it desirable for anyone interested in reducing the number of calories in their diet. With a taste that's similar to sugar, Sorbitol is a smart way to sweeten things up.



FRUCTOSE

❖ **Fructose** - Fructose is naturally occurring and also present in many fruits and vegetables. In fact, many refer to it as fruit sugar. In comparison to crystalline table sugar, fructose is highly fermentable and has a much lower glycemic rating than other simple sugars. This makes it suitable for many diabetics because unlike table sugar, it won't trigger a large insulin spike. And despite its lower GI rating, fructose is approximately 50% sweeter than table sugar.



BARLEY MALT EXTRACT SYRUP

❖ **Barley Malt Extract Syrup** - This thick, dark, molasses like substance has been used for hundreds of years to sweeten everything from ale and porridge to bread and jams. Today's sugar conscious society has now turned to this rich malty extract to naturally sweeten cereals, deserts, breads, coffees and other beverages. Naturally enriched with generous amounts of protein, Barley Malt is also an outstanding source of over 100 naturally occurring enzymes. Moreover, it has remarkable bulking properties and can serve as a natural laxative for those interested in avoiding chemically-bound, over the counter formulas.

