

- [Xylitol Worldwide](#)
- [Endorsed in AZ](#)
- [Cooking with Xylitol](#)
- [Product Testimonial](#)
- [Unsubscribe](#)

PRODUCT SPOTLIGHT

Xlear Nasal Spray

During the winter time, we all spend a lot more time indoors, where the air is dry. Use Xlear Nasal Spray as a great way to hydrate your nose.



Xlear is available in single metered [pump spray](#)

bottles or in a [three pack](#) of 0.75 bottles that are perfect for keeping in a purse, glove box or backpack.

CONTACT XLEAR

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Use the link at the bottom of this email.

Dear Customers,

Xylitol continues to gain significant support from a variety of professional health communities and government organizations. Recently, the European Food Safety Authority approved the claim "Xylitol chewing gum reduces the risk of caries in children." According to an EFSA press release, "scientific justification of the claim is related to the consumption of 2-3g of chewing gum sweetened with 100% xylitol at least three times per day after meals." Interestingly enough, that the claim is only for gum sweetened with 100% xylitol – Like Spry chewing gum.

For more information, read the [entire release](#).

Xlear's Spry gum is sweetened exclusively with xylitol. Now available in five different flavors, Spry Chewing gum can be easily added to a daily dental hygiene program. Chewing one to two pieces after meals or following snacks would provide the levels that science has shown to be effective in reducing dental decay.



It's Xlear's goal to make xylitol accessible to as many people as possible, which is why you can find the company's products in more than 7,000 health and natural product retailers across the country, as well as online at Xlear.com.

We hope you enjoy this holiday season and this month's *Crystal Xlear Newsletter*. As always, please send your feedback and suggestions to crystalxlear@xlear.com.

Top Story

Xylitol, the good sugar, is endorsed by the Arizona State Dental Hygienists' Association (ASDHA)

Arizona State Dental Hygienists' Association

[Press release](#) courtesy of the Arizona State Dental Hygienists' Association

On October 11, 2008, ASDHA became the first American dental or dental hygiene organization to endorse the preventive and therapeutic benefits of xylitol, joining the Finnish Dental Association, Swedish Dental Association the British Dental Association and many other national dental associations to endorse and recommend the use of xylitol for better oral health. More than 40 years of research and 70% reductions in tooth decay don't seem to be enough evidence for the American Dental Association or the American Dental Hygienists' Association to endorse xylitol, the good sugar that other countries have been using for decades to prevent the number one childhood disease in America: tooth decay.

The association pointed to the evidence of more than 40 years of research on the natural sweetener as the reason for its endorsement. To get the maximum oral benefits of xylitol, the ASDHA recommends three to five exposures per day, including chewing 100% xylitol sweetened gum.

According to the press release, "Xylitol can be chewed, swallowed and sprayed. As a natural sugar, it can be used in chewing gums, candies, and to sweeten drinks.

"The ASDHA, voice of dental hygienists in the state of Arizona, is committed to preventing the need for dentistry by preventing tooth decay through professional dental hygiene visits, teaching effective oral hygiene and encouraging the use of xylitol, the good sugar."

Xylitol and Xlear in the News

[Taking a look at products that help create beautiful enamel](#)
RDH Magazine, June 2008

[Find out which favorite ice cream is sweetened with xylitol](#)
MSNBC.com, July 2008

[Natural Remedies to Rid Children Ear Infection](#)
Peekaboo Picks Magazine, July 2008

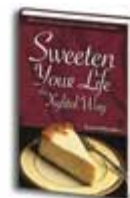
[Sweetener May Cut Cavities In Kids](#)
CBS News, July 2008

[Learn how to lose weight quick using xylitol](#)
Ezine Articles, July 2008

[Can't Brush Your Teeth 3 Times per day? This Product May Help](#)
Luckv Bloa. June 2008

Cooking with Xylitol

This xylitol recipe is courtesy of the revised and expanded xylitol cookbook "[Sweeten Your Life the Xylitol Way](#)," by Karen Edwards, PhD. The recipe book is available through [Xlear.com](#).



Italian Cream Cake



2 cups whole wheat pastry flour
2 tsp baking soda
½ tsp salt
3 TBS unsalted butter, melted
3 TBS extra virgin olive oil
½ cup unsweetened applesauce
½ cup buttermilk
¾ cup reduced sour cream
2 tsp vanilla extract
5 eggs, separated
1 ¾ cups xylitol
1 ½ cups unsweetened coconut, shredded
1 cup finely chopped pecans

Combine flour, baking soda, and salt in a medium bowl and set aside. In another bowl, mix together melted butter, olive oil, applesauce, buttermilk, sour cream, vanilla extract and egg yolks. In a large bowl, beat egg whites with mixer until soft peaks form; gradually add xylitol and beat until peaks are stiff but not dry. Using a spatula, gradually fold

dry ingredients into beaten egg whites alternately with liquid ingredients, and stir just until batter is smooth. Fold in coconut and pecans. Transfer batter to a 9" x 13" baking pan that has been buttered, lined with parchment paper, and buttered again. Bake at 350 degrees for 30-35 minutes, or until toothpick inserted in center comes out clean.

Yield: 24 servings

Nutrition Info., Per Serving: Calories: 184.7 Carbs 21.3g, Fiber: 2.1g, Fat: 12g, Sodium: 179.9mg, Net Carbs: 7g

Try this recipe, and send in your comments to crystalxlear@xlear.com. Also, if you have a favorite recipe, and we use it in the monthly *Cooking with Xylitol* section of our newsletter, we'll send you a free, one-pound bag of [XyloSweet](#). Email recipes to crystalxlear@xlear.com.

Xlear Product Testimonial

"I have been using XyloSweet as a sugar replacement for nearly 4 years now.

"My original motivation was to reduce dental pain and improve dental health after my restoration from radiation therapy from throat cancer 7 years ago. Finding your product been a great benefit and tastes good, too.



"Also, my son is implementing the sugar replacement and low carb benefits of XyloSweet.

"After reading more articles on your website, we now realize additional benefits we receive in reduced mouth dryness (damaged in radiation), as well as the improved pH levels.

"I just learned about your nasal line and believe my family might also benefit.

"Thanks for your research and valued product line.

"Kent L.
Chandler, AZ"

If we share your story with fellow *Crystal Xlear* readers, we'll send you a Xlear Product Pack with samples of some of Xlear's most popular products.

Please email your story to CrystalXlear@xlear.com. Be sure to include your mailing address just in case we publish it in our newsletter.

