



Xgel is not just for kids!

*Introducing a paradigm shift in oral care.
Xgel restores the ecology of the oral environment.
Xgel's benefits are life-long, from birth to all ages.*

Developed by a paediatric dentist.

Apply Xgel on a dry toothbrush.

No need to rinse or spit out.

Eco-friendly; no harmful chemicals.

No fluoride, abrasives, detergents or colourants.

Preservative-free.

Safe if swallowed.

Use as a "toothpaste-substitute".



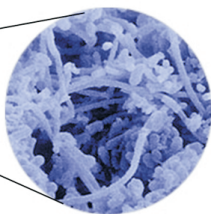
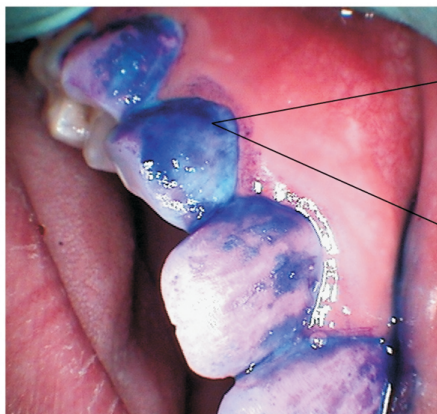
For further information and stockists

E-mail: info@teethforlife.co.za or visit www.teethforlife.co.za

Plaque, the problem.

Our mouth is an ecosystem. It is considered the most contaminated place on the human body with >700 species of bacteria. Most of these are 'good' but a few are 'bad' and these cause disease. A predominantly 'bad' one is *Streptococcus mutans* which is responsible for the plaque on our teeth.

Plaque, a source of bacterial acids



Plaque bacteria enlarged
X 2000

Stained with disclosing
tablets



Streptococcus mutans is an evolutionary tragedy for us in that it can breakdown sugar (sucrose) for energy and the waste product is acid. This acid adjacent to tooth enamel causes demineralization which, over time, results in cavitation ('holes'). It has been the dramatic increase in sugar consumption during man's recent history that *Strep. mutans* is 'out of control'. How can we restore the balance?

Xylitol helps restore this 'balance' to our mouths. It interferes with the attachment of *Strep. mutans*; any plaque formed is easily removed by minimal agitation. Xylitol can't be digested by these bacteria; no acid is produced for demineralization. We say Xylitol is 'birth control for bad mouth bacteria'. We do not want a sterile mouth: we need the 'good' bacteria to control the 'bad', opportunistic ones. Most anti-plaque agents in conventional toothpastes and mouthwashes kill all bacteria indiscriminately. For this reason, these are not recommended.

Dental Benefits of Xgel.

Prevention of tooth decay and gum disease.

Xgel is used from birth to reduce levels of *Strep. mutans*. Mom can also start in the last trimester of pregnancy to reduce levels of these bacteria in her own mouth, the source of these

bacteria for her newborn. This is why tooth decay tends to 'run' in families. Rather than being genetic, tooth decay is an infectious transmissible disease.

Recent studies have shown the long-lasting preventative effects of Xylitol, especially if used during the time of tooth eruption. It appears that the initial colonisation of the tooth by 'good' bacteria seems to 'crowd out' the 'bad' ones and this appears stable for years, maybe life-long.

- **Orthodontic treatment.**

Stagnation areas around orthodontic brackets make plaque removal difficult. Apply Xgel liberally around the mouth particularly after meals and snacks and before bedtime.

- **Dental implants.**

Pose a similar plaque stagnation problem. Again, apply Xgel liberally.

- **Impaired manual dexterity and motor function.**

This can occur from injury, stroke, paralysis, arthritis, aging, nerve damage, etc. With Xgel, oral hygiene is simple to achieve. This allows special needs children and adults to have their teeth cleaned by a caregiver on a bed or couch. (Studies have shown that >50% plaque reduction is achieved with five applications of Xylitol daily, even without brushing or flossing.)

- **Post oral surgery and mouth trauma.**

Pain and discomfort make tooth brushing impossible. Xgel is a cool, soothing gel which can be applied on a Xgel sponge or Q-tip; no rinsing afterwards. Its powerful antibacterial properties promote healing.

- Post radiotherapy for head and neck cancers. Also for patients undergoing chemotherapy. Reduced blood platelets may result in bleeding gums. Apply Xgel on an Xgel sponge and gently massage over the teeth & gums.
- Recurrent mouth ulcerations eg. aphthous ulcers Here liberally applied Xgel controls secondary bacterial infections. It is very soothing.

Antifungal properties of Xgel especially against *Candida*

***albicans*.** Acrylic mouth appliances provide a perfect surface for this fungal growth. Removable orthodontic plates, bite plates, partial and full dentures should have a liberal coating of Xgel applied to their fitting surface before inserting. Xgel also helps prevent and/or treat angular cheilitis, a fungal infection at the corner of the mouth. Apply liberally as often as possible.

Middle ear infections. These can be caused by bacteria (*Strep. pneumoniae*). Xylitol is anti-streptococcal and, with prolonged use, changes the ecology of the whole nasopharynx. Xgel given 5 times daily reduces the risk of this infection.

Xerostomia (dry mouth). Xgel is profoundly beneficial for people with xerostomia. By virtue of a reduced salivary flow, they are at high risk of tooth decay. Xylitol is not only a salivary stimulant, it raises the resting mouth pH thereby promoting re-mineralization.

- Xerostomia is common in patients on medications (eg. asthma meds, antihypertensives, decongestants, anti-histamines, antidepressants, ADD & ADHD meds, & far more) who may not be aware of this side-effect.
- Xerostomia occurs in medical conditions eg. autoimmune Sjogren's syndrome.
- Dry mouth is a symptom of poorly-controlled diabetes.

Xgel is recommended for individuals who 'react' to conventional toothpaste ingredients.

- SLS (sodium lauryl sulphate) is a common additive which, as a detergent, causes the toothpaste to foam. SLS has been shown to strip the protective mucosal covering of the gum tissue. In sensitive individuals it can result in a painful ulceration. Xgel is a perfect substitute as it doesn't contain any detergents, preservatives, colourants, or other harmful chemicals. Xylitol is a food and, as such, is safe to swallow; so no rinsing after use.
- Abrasives in conventional toothpastes can accelerate toothbrush abrasion. Brushing with Xgel requires minimal agitation to remove plaque. However, if staining from tea, coffee, etc. is a problem, occasionally use an Xgel sponge (wet) dabbed with bicarbonate of soda.



What is Xgel?	A gel using the Power of Xylitol to benefit our health.
What's in Xgel?	Xylitol: a sweet-tasting polyol with profound antimicrobial properties. Calcium and phosphate minerals for healthy teeth and gums. Gel base of plant origin, acceptable to vegetarian and other special diets.
What's <i>not</i> in Xgel?	No fluoride, no preservatives, no detergents, no abrasives, no colourants, no flavourants nor other harmful chemicals.
How is Xgel used?	Apply a drop on a dry toothbrush.. Do not rinse or spit. Unlike toothpaste, Xgel is safe to swallow. Wash brush well afterwards and store with bristles facing downwards. Alternatively, apply with a clean finger.
When is Xgel used?	After meals & snacks and at bedtime. Apply after medications. Aim for 3-5 applications daily.
Benefits of Xgel:	<i>Dental & medical benefits:</i> Effective in preventing tooth decay and gum disease. Antifungal properties help prevent thrush (<i>Candida</i>) and angular cheilitis. Antibacterial properties help prevent middle ear infection. <i>Eco-friendly:</i> A 'green' product. No harmful chemicals passed to the environment. No water wasted by rinsing. <i>Oral health:</i> Xgel leaves a pleasant, soothing sensation in the mouth which encourages good oral health!

Do you have any of the following conditions?

- Tooth decay and gum disease.
- Dry mouth (xerostomia), a side-effect of medications eg. antihypertensives , diuretics, antidepressants, antihistamines and far more.
- 'dry mouth' from a medical condition eg. Sjogren's syndrome.
- Impaired manual dexterity and motor function from aging, injury, stroke, paralysis, arthritis, special needs, etc.
- Post radiotherapy for head and neck cancers.
- Chemotherapy patients.
- Diabetes.
- Oral ulceration eg. aphthous ulcers.
- Intolerance of ingredients in regular toothpastes eg. SLS (a detergent).
- Wear acrylic appliances: orthodontic plates, bite plates, partial or full dentures.
- Pregnancy (gingivitis, morning sickness, intolerance of toothpastes).
- Cardiac patients, particularly post coronary bypass.
- Bed-ridden & ICU patients.
- Recurrent middle ear infections.
- Orthodontic treatment.
- Dental implants.
- Gum recession.
- Post oral surgery and mouth trauma.
- Immunocompromised patients eg. HIV infection.
- Oral thrush (*Candida*).

Xgel may be your solution!