

LOW/NO CALORIE SWEETENERS IN ORAL HEALTH: TOOTH-FRIENDLY INGREDIENTS

LOW/NO CALORIE SWEETENERS (LNCS) ARE...



sweet-tasting food ingredients



used in foods, drinks and table-top sweeteners to replace sugar



with zero or very few calories

WHY SHOULD WE CARE ABOUT DENTAL HEALTH? BECAUSE....



oral diseases affect nearly 3.5 billion people worldwide¹



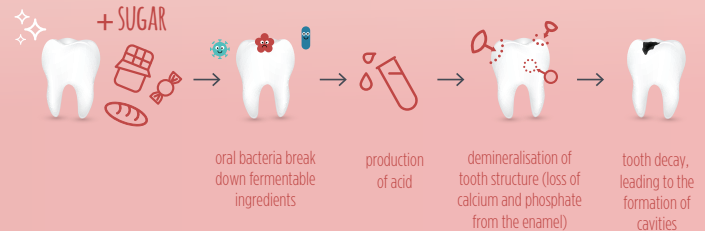
with the right care, oral diseases are largely preventable!

LOW/NO CALORIE SWEETENERS ARE TOOTH-FRIENDLY INGREDIENTS BECAUSE...



UNLIKE SUGAR, LNCS ARE NOT BROKEN DOWN BY ORAL BACTERIA, AND THUS, THEY DO NOT CONTRIBUTE TO DENTAL CARIES (TOOTH DECAY).²

Frequent consumption of sugars increases the risk of tooth decay, and contributes to tooth demineralisation.³ Consumption of foods/drinks containing LNCS instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation.⁴





WHAT DOES SCIENCE SHOW?

PRECLINICAL AND CLINICAL STUDIES INDICATE THAT REPLACING SUGAR WITH LNCS SUCH AS ASPARTAME, SUCRALOSE OR STEVIA IMPROVES DISTINCTIVE CHARACTERISTICS OF TOOTH DECAY.^{2,4,5}



RESEARCH SHOWS THAT LNCS MAY INHIBIT ORAL BIOFILM FORMATION AND ACTIVITY.⁶ THIS INDICATES A POTENTIAL FOR LNCS TO **BENEFICIALLY IMPACT ORAL HEALTH** BY MODULATING THE CARIOGENIC POTENTIAL OF ORAL MICROBIOME.⁷



CHEWING SUGAR-FREE GUM CONTAINING NON-CARIOGENIC LNCS HAS DENTAL HEALTH BENEFITS.⁸ EVIDENCE HAS ESTABLISHED A CAUSE-AND-EFFECT RELATIONSHIP BETWEEN THE CONSUMPTION OF SUGAR-FREE CHEWING GUM AND REDUCTION OF ORAL DRYNESS, MAINTENANCE OF TOOTH MINERALISATION, AND NEUTRALISATION OF PLAQUE ACIDS.⁹



References:

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