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Xylitol

(Birch Sugar) An all-natural wood sugar - 100% pure xylitol crystals

Most low carbbers point to the many splendored benefits of Splenda. Which is actually not "healthy" but is following closely in the footprints behind Asparatame, which is BAD for us. But give me xylitol any day of the week. How many sweeteners do you know that have already been researched to show no ill side effects, are non-controversial and actually help prevent cavities? Xylitol does all that and tastes just like sugar to boot. Our Emerald Forest Brand Xylitol (Birch Sugar) is an all-natural wood sugar and is naturally extracted without chemicals using steam. The human body naturally produces xylitol and it is also a natural carbohydrate that is found in fibrous fruits and vegetables. Xylitol is approved for use as a sugar substitute in 35 countries and has been in the U.S. since the 1960's.

The benefits include:

- Does not encourage the growth of yeast (including Candida Albicans)
- Safe for Diabetics
- Low Glycemic Index (7 on scale – sugar is 97)
- Fights Plaque, Improves breath odor, strengthens tooth enamel
- 40% fewer calories than sugar (9.6 calories per serving)
- 75% fewer carbohydrates than sugar
- Promotes weight loss
- Boosts the immune system and reduces middle ear infections by 40% in children
- Improves breath odor, retard loss of tooth enamel, reduce infections in the mouth and relieves dry mouth

Serving size = 1 tsp
 Carbohydrates – 4 grams, less than 1%
 Fat – 0, 0%

9.6 calories per serving (less than 40% of sugar)
 Sugar – 0 grams, 0%
 Sodium – 0, 0%

Use	Sugar	Xylitol
Baking Yeasted Breads	X	
Baking/Cakes & Cookies		X
Sweetener/Coffee & Tea		X
Sweetener/Cold Drinks		X
Sweetener/Cereal & Fruit		X
Hard Candy	X	
Caramel/Syrups/Taffy		X

At TruHealth we only sell sweeteners that are actually beneficial for your health. In addition to Xylitol, we sell several forms of Stevia, including packets, liquid and shakers. We also sell Lo Han, a fruit sweetener from China and Agave Nectar from the Agave cactus (similar in taste and texture to honey).