

# XYLITOL INTOLERANCE

## WHAT IS XYLITOL INTOLERANCE?

Xylitol is a naturally occurring sweet substance that can be found in some fruits, called a sugar alcohol.

It is commonly used in diet or sugar free varieties of lollies or mints and is sometimes used as a sweetener in chewing gum.

A significant proportion of the population will experience gastrointestinal upset after consuming a large amount of xylitol.

If you are xylitol intolerant it means that your body is more sensitive to this substance and you may experience symptoms even after consuming a relatively small amount of xylitol.

## SYMPTOMS:

Symptoms associated with xylitol intolerance may include the following;

- Increased gas
- Abdominal cramps and pain
- Bloating
- Diarrhoea
- Nausea

## TESTING FOR XYLITOL INTOLERANCE

Xylitol intolerance can be diagnosed via a simple breath test.

This test involves xylitol being given as a solution in water to drink, with Hydrogen/Methane breath testing along with symptom monitoring being performed at regular intervals for 2-3 hours to determine intolerance.

Symptoms generally resolve once you remove the main sources of xylitol from your diet. Food sources of xylitol are listed below.

## **FOOD SOURCES OF XYLITOL:**

- Diabetic/sugar free lollies
- Some sugar free chewing gums
- Diet jelly
- Sugar free chocolate
- Prunes
- Dried plum, peaches, apricot, apples and pears
- Biotene @dry mouth products
- Beer in large amounts

**TO DO A BREATH TEST, YOU SIMPLY BREATHE INTO THE ANALYZER AND IT  
GIVES A RESULT IMMEDIATELY.  
CALL 9770 7189 TO ARRANGE A TEST OR TO FIND OUT MORE.**