

# Fight tooth decay with Xylitol gum

In addition to regular brushing and flossing, **chew xylitol gum 3 to 5 times a day**, after a meal or snack, to protect your teeth from cavities.

» Xylitol is a natural sugar that fights the bacteria in your mouth that cause tooth decay.

» Xylitol gum is included in your MRE.

**Grab some gum  
and go!**



<http://chppm.amedd.army.mil/>

CP-076-0908

*"I always maintain my arms, my equipment, and myself." Soldiers Creed*