



## PRESS RELEASE

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### SOURCE NATURALS INTRODUCES XYLI SMART™

*Low-Glycemic Sweetness with Less Calories*

**SCOTTS VALLEY, Calif. – November 2, 2009** – Source Naturals is pleased to introduce XyliSmart a “tooth-friendly” sugar substitute which, unlike other sugars, may reduce the risk of dental caries and does not promote tooth decay. While frequent in-between-meal snacks, which are high in sugars and starches, may promote tooth decay, XyliSmart is a low glycemic sweetener that helps manage healthy glucose levels in the body. It also looks and tastes like sugar and produces a cool, refreshing aftertaste, which is pleasing to the palate.

“XyliSmart is Source Naturals’ trade name for xylitol, a natural sugar alcohol. Unlike sugar, which is an energy source for bacteria in the mouth, xylitol limits the growth of decay-causing bacteria like *Mutans streptococci*,” says Source Naturals National Science Educator Guy Devin, Ph.D. “Research has shown xylitol’s benefits to include the prevention of dental caries along with its diabetic-safe sweetening properties.”

Xylitol provides a healthy alternative to conventional sweeteners. It looks and tastes like sugar, but with 40% less calories, and without the undesirable side effects of sugar. Because it is absorbed slowly, it does not result in a blood glucose concentration spike, which can alter mood or energy levels.

According to Devin, “Foods containing sugars promote the growth of *Mutans streptococci* bacteria, which multiply and produce harmful acids in the mouth.” Devin continues, “Once pH levels in the mouth drop below a neutral pH of 7, tooth enamel begins to demineralize. Xylitol can provide increased salivary flow rates, which can buffer the acids produced by bacteria and support the remineralization of demineralized teeth.”

Excess sugar consumption from convenience snacks, which are all too prevalent in our modern society, may trigger metabolic imbalances and long-term health concerns. Individuals concerned with healthy blood glucose metabolism, and who savor the taste of sugar, can now enjoy XyliSmart, a refreshing alternative sweetener.

XyliSmart is available in four sizes: 3 oz. for \$4.98, 8 oz. for \$6.98, 16 oz. for \$12.50 and 32 oz. for \$23.50. To learn more about Source Naturals and XyliSmart, or to find purchase locations, please visit [www.SourceNaturals.com](http://www.SourceNaturals.com)

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#### **About Source Naturals**

Founded in 1978, Source Naturals is committed to enhancing individuals’ potential to enjoy optimal health and well-being by providing superior quality dietary supplements and nutritional education. For more information or purchase locations, please visit [www.SourceNaturals.com](http://www.SourceNaturals.com).