

Swap Your Sweets for
Healthier Treats!™



At Dr. John's Candies, we know finding products that promote a healthy lifestyle is important to you. That's why we created our Simply Xylitol[®] brand of sugar free treats, using a natural sweetener, USA Birch Xylitol.

**For maximum oral health benefits, follow
Dr. John's Simply Xylitol[®] Plan:**

- Enjoy 3 to 5 servings of any combination of Simply Xylitol[®] treats daily, which provides the recommended 6 - 10 grams of Xylitol per day.
- Enjoy regularly as a long term plan.
- Consume after meals, if possible.
- Try to make each serving last five minutes.



Simply Xylitol[®] Plan Easy Reference Chart

Item	Grams of Xylitol Per Item	# of Items Per Serving	Grams of Xylitol Per Serving
Lollipops	1	2	2
Hard Candies	.5	4	2
Caramel & Taffy	1	2	2
Gum	0.9	2	1.8
Tablets	0.5	4	2
DecaDENTS™ Bars	2	1	2
DecaDENTS™ Pieces	2	1	2
French Vanilla* Coffee Sweetener	4	1 Tbsp.	4
Lemonade* Drink Mix	4	1 Tbsp.	4
100% USA Xylitol	6	1 Tbsp.	6

*Also contains Sucralose