

taking large amounts of xylitol is diarrhea or slight cramping. Xylitol inhibits the growth of *Streptococcus pneumoniae*. It also inhibits the attachment of both *pneumococci* and *Haemophilus influenzae* on the nasopharyngeal cells. Major cause of ear infection is *Streptococcus* sp. A group of Finland scientists has found that dietary xylitol prevents

weakening of bones in laboratory rats, and actually improves the bone density. (*Metabolism* 51.1 92-96, 2002).

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## Information and Announcements



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