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Learn more about Xylitol uses effectiveness possible side effects interactions dosage user ratings and products that contain Xylitol. Xylitol is a organic compound with the formula HOCH<sub>2</sub>CH(OH)CH<sub>2</sub>OH. Two other isomeric sugar alcohols exist. It is a colorless or white crystalline solid.

It is classified as a polyalcohol and a sugar alcohol specifically an alditol.

Of the common sugar alcohols only sorbitol is more soluble in water.

[3] The name derives from Ancient Greek xyl [on] wood with the suffix Jul 17 2024 Xylitol is a sugar alcohol that looks and tastes like sugar but has fewer calories and doesn't raise blood sugar levels.

It may have health benefits but could cause digestive issues and other Jun 7 2024 Research shows higher blood levels of xylitol and other sugar alcohols are associated with life threatening risks.

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It tastes sweet and is a great diabetes-friendly alternative to sugar but it's not ideal for everyone Sep 11 2024 Eating too much xylitol may be bad for your health.

Learn about this popular sweetener including possible risks and side effects Jun 28 2025 Xylitol tastes almost exactly like sugar, sweet but not overly so, and is commonly used in sugar-free gum, toothpaste, candies, baked goods, and even some pharmaceuticals.

Unlike table sugar, sucrose, xylitol does not require insulin to be metabolized. This makes it especially beneficial for people with diabetes or insulin resistance. Xylitol is a naturally occurring alcohol found in most plant material, including many fruits and vegetables.

It is extracted from birch wood to make medicine. Xylitol is widely used as a sugar substitute and in sugar-free chewing gums, mints, and other candies. However, sorbitol is the most commonly used sweetener in sugarless gums because it is less expensive than xylitol and easier to make.

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