

## **PRESERVATIVE-FREE XYLITOL**

The Xylitol Syrup made at HRI Pharmacy is a 40% concentration of Xylitol, Potassium Sorbate and distilled water. Potassium Sorbate is utilized as a preservative to inhibit the growth of molds and yeasts.

You can make your own preservative-free Xylitol syrup. Mix 4 gm or 1 tsp. of 100% pure Xylitol powder in 1 tsp. of distilled water. Mix and add more water to bring the total volume to 10 ml or 2 tsp. (You now have 4 gm of Xylitol powder in a total of 10 ml water.) Constantly stir until powder dissolves in water and the syrup is completely clear, with no sediment remaining. The stirring process can take as long as 5 minutes. The powder will dissolve better in room temperature water rather than cold. Since no preservative is present, **USE IMMEDIATELY** and discard any unused portions.

Note: Check the label on the Xylitol product. Make sure it's 100% pure. The weight of a tsp of powder may vary from brand to brand. We use NOW brand in which 1 tsp. weighs 4 gm.