

American Dental Association Says Chewing Of Sugar-Free Gum Has Health Benefits

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Chicago, IL (AHN) - Chewing sugar-free gum three times a day for twenty minutes has health benefits, the American Dental Association (ADA) said as it approved the Wrigley sugar-free gum's Orbit, Extra and Eclipse brands.

It is the first time that the nation's largest dentist group has stamped its seal on a chewing gum since 1930, after its independent studies confirmed these three brands help prevent cavities, reduce plaque acid, and strengthen teeth.

According to latest findings, chewing gum for 20 minutes after meals increases the secretion of saliva which helps neutralize and wash away plaque acid. The saliva also coats the teeth with calcium, phosphate and fluoride, which strengthen tooth enamel and help prevent cavities.

The director of the ADA seal of acceptance program, Clifford Whall, said the seal would inform consumers and dentists whether products do what their manufacturers say they do, keeping in mind the scientific principles.

"The council has looked at the body of data and concluded that there are some health benefits to chewing these products three times a day for 20 minutes," Whall told the Associated Press.

The seal, which currently appears on various toothpastes, dental floss and oral rinse products, will now be the focus in ads for the three brands and on packages.