

Xylitol Crystals

Xylitol crystals can be used as an alternative to your salt saline rinse.

It is a sugar that cannot be absorbed by you, nor by bacteria. It has some anti-bacterial activity.

This can be purchased from:

1. Most healthfood stores (e.g. Ceres, Bin Inn, Huckleberry Farm) or
2. Online from <https://www.healthpost.co.nz> or www.purenature.co.nz

Put either 3 small teaspoons (provided in the white container) or 2 standard level teaspoons of xylitol crystals into your sinus rinse bottle, shake vigorously then lavage with at least 2 bottles each side.

Do this twice daily, or as directed.

Some patients find that xylitol stings, whereas most do not. If you do not like the feeling of xylitol, then use either sachets or a 50:50 mixture of salt and baking soda (1/2 a teaspoon per bottle).