

Xylitol: What You Need to Know



What is it?

Xylitol is a low-calorie artificial sweetener whose use has been on the rise in the last five years. It occurs naturally in berries, plums, corn, oats, and mushrooms, but is extracted and manufactured into a white powder that serves the same purpose as sugar.

What happens if my pet eats it?

Xylitol is safe for human consumption, but **EXTREMELY TOXIC FOR PETS**. When consumed by dogs and cats, it enters the bloodstream much faster than other substances, causing a rapid surge of insulin in the process. This causes a rapid decrease in the level of blood sugar, which can result in liver failure and death. Some early symptoms include vomiting, weakness, acting drunk, depression or lethargy, tremors, seizures, and coma.

What other foods contain Xylitol?

This chemical is often found in candy and sugar-free gum (Orbit, Mentos, Ice Breakers, Stride, Nicorette, Trident) chewable vitamins, yogurt, and some peanut butter brands (Go Nuts, Co., Krush Nutrition, Nuts 'N More and P28 Foods). This is serious: two sticks of gum is enough to kill a small dog!

What should I do?

The negative effects of Xylitol can hit your pet's system very fast: in just 10-60 minutes. If you suspect your pet has consumed Xylitol, call the pet poison helpline immediately at 855-764-7661.