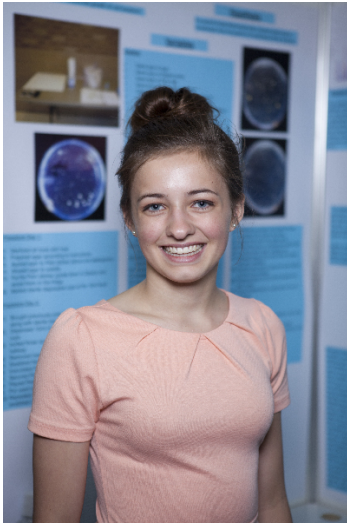


CWSF 2013 - Lethbridge, Alberta



Carmen Olson

The X Factor - The Xylitol Advantage

Challenge: Health

Category: Junior

Region: Chinook Country

City: Calgary, AB

School: Red Deer Lake School

Abstract: The purpose of my study was to determine if xylitol is an effective natural way of inhibiting the growth of oral bacteria and thereby reducing the risk of disease. Xylitol's only side effect is a mild laxative effect unlike other sweeteners that can have deathly side effect. Statistically significant data was obtained confirming that xylitol does effectively inhibit the growth of oral bacteria.

Biography

My name is Carmen Olson, I am 14 years old and I live in Calgary Alberta. I got the idea for my project from my mom who is a registered dental hygienist. She went to a dental conference in Vancouver about a year ago and during the conference there was a presentation done on xylitol. However a company who was trying to sell their xylitol products did the presentation. So a non-biased test had to be done in order to find out the truth about xylitol. To further my investigation of the effects of xylitol on oral bacteria I would be interested to test what type of bacteria is most inhibited by xylitol. If any other students are planning to complete a science fair project I would advice that you aim high from the start and try your hardest to make it to Canada wide science fair. I would also advice you to make sure that you make sure that your project fits all Canada wide regulations. Outside of Science fair I like swim, sing, play basketball, and participate in triathlons. I love all sports and am very excited to be able to compete at Nationals.

Youth Science Canada
PO Box 297
Pickering ON L1V 2R4
www.youthscience.ca / info@youthscience.ca
416-341-0040