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XYLITOL, SORBITOL, CHEWING GUM BASE, MANNITOL, GLYCERIN, MALTITOL SYRUP, MALTODEXTRIN, LESS THAN 2% OF: ARTIFICIAL FLAVORS, RICE STARCH, ASPARTAME, ACESULFAME K, COCONUT OIL, SODIUM CARBOXYMETHYLCELLULOSE, SUCROSE FATTY ACID ESTERS, LECITHIN (SOY), GREEN TEA EXTRACT, CARNAUBA WAX, SUCRALOSE, XANTHAN GUM, BHT TO MAINTAIN FRESHNESS, BLUE 1 LAKE, BLUE 1. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Skip over main navigation Menu Manage Cookie Preferences When you check out at the grocery store, the aisle is full of snacks, candy, chewing gum and mints. While some snacks and candy are packed with sugar, we will not focus on those in this weeks blog. The reason we have an entire blog focused on gum and mints is an important one: they spend more time in your mouth!Why is Sugar So Bad for Teeth?The sugar itself does not cause cavities, but it feeds the bacteria that do cause cavities. Cavities develop when enamel softens and weakens, allowing the bacteria access to the internal structure of a tooth. The process is a relatively simple one. The bacteria eat sugar and create acid as a by-product of the sugar digestion. This acid softens and weakens tooth enamel the same way that acid etches glass. When the acid stays on a tooth long enough, it creates a cavity.So there are four important factors in the cavity process: 1) Bacteria, 2) Sugar, 3) Time, 4) Acid. Increasing any of these factors increases the risk of cavities. Obviously, some of these factors are easier to control than others are. Certain people have a stronger type of bacteria in their mouths. Others have an acidic pH, due to dry mouth or nutritional problems. Because we can control the amount of sugar we put into our mouths, it is one of the most important ways we can fight cavities.Why is Sugar in Gum and Mints Worse than a Chocolate Bar?Chewing gum and mints that contain sugar have a greater chance of causing cavities than a chocolate bar. The reason for this is one of the four contributing factors to cavities: TIME!Eating sugar is never as bad for your teeth as chewing or sucking on it. Chewing gum or sucking on a mint provides a continuous supply of sugar the entire time it is in your mouth. The longer the sugar is in contact with your teeth, the more time bacteria have to digest it. This leads to more acid production and more enamel destruction.Why is Gum Actually Better than Mints?Even though both chewing gum and mints that contain sugar are bad for your teeth, chewing gum is slightly better. Scientific research shows that the chewing action stimulates your body to produce more saliva, assuming that what you are chewing is food that needs to be swallowed. Sucking on a mint does not produce this same saliva production.Saliva is the bodys best defense against cavities. Why? Because of one of the four factors in the cavity-causing process: ACID!Saliva has a high pH and counteracts the low, acidic pH produced by bacteria when they eat sugar. It counteracts the acid and neutralizes it, providing a safe environment for the teeth.When you chew gum and stimulate more saliva, you are adding protection for your teeth. Sucking on a mint does not have this benefit!What are the Best Choices for Gum and Mints? Of course, we dentists want you to only chew sugar-free gum or use sugar-free mints. Any added sugar is bad for your teeth. So the next time you are in the aisle at the grocery store, look for gum or mints that are sugar-free. Manufacturers always mark it very clearly if their product is sugar-free.We established above that chewing gum is slightly better for you than sucking on mints. The same is true when the products are sugar-free. Sugar-free gum is better for you than sugar-free mints, because of the stimulation of saliva.What is Even Better than Sugar-Free?In addition to looking for a sugar-free marking on every label, you can also read the ingredients. There is a sugar substitute that is actually good for your teeth, called xylitol. Many chewing gums and mints on the market today use xylitol as the sweetener.Xylitol is a sugar alcohol from plants, naturally occurring in nature. It is not synthetic or made in a lab. The bacteria in our mouths ingest (eat) xylitol in the same way they ingest sugar. The difference is that bacteria cannot digest xylitol, and it actually kills them!Xylitol lowers a persons risk for cavities and gum disease by fighting the bacteria that cause them. When you use a mint with xylitol, you not only decrease your sugar intake, you also kill bacteria. When you chew gum with xylitol, you do both of those things plus you stimulate saliva.We recommend that all of our gum-chewing patients choose xylitol gum. There are many brands on the market today, including Spry and Epic. They are clearly marketed as xylitol gums. An even easier brand to find is Ice Cubes by Hershey. Ice Cubes gum is NOT clearly identified as a xylitol gum, but we have confirmed with the manufacturer that each piece contains 2g of xylitol. Chewing several pieces each day is good for your oral health, especially after a meal.More Questions about Which Gum or Mint is Best for You?Our dental experts at Premier Dental of Ohio can answer any questions you have about chewing gum and mints with their various ingredients. Call your nearest location today to schedule a consultation and get started on the road to great oral health. Do you know the different types of Chewing Gum: Regular vs Sugar-free? Most of the time we buy Regular Chewing Gum without knowing what it contains and whether there are better options available for us in the market. In this article, we are going to find out the difference between regular and sugar-free chewing gums. This way when you order chewing gums from an online store or go to your local store, you can make an informed decision! What are Chewing Gums made of? | What is Regular Chewing Gum? | What is Sugar-free Chewing Gum? | What is Xylitol? | Aspartame-free Gums | Conclusion | References | Before going into the differences between regular and sugar-free chewing gums, lets first find out what are the general ingredients used in its making. All chewing gums have the following basic ingredients [1]: Gum: This is the ingredient from which chewing gum inherits its chewy quality. It is a non-digestible, rubbery base. Resin: Resin is the material that gives strength to gum and holds it together. Fillers: To give a nice and tempting texture to gum, fillers are being used as an ingredient in gum. Fillers being used might include calcium carbonate or magnesium silicate (talc). Preservatives: For every packaged food item, preservatives are a must. The same goes for chewing gum. The most popular preservative that is being used in chewing gum is an organic compound called butylated hydroxytoluene (BHT). Softeners: Softeners are used in the making of chewing gum, to keep the gum moist and soft which ultimately prevents the gum from hardening. Most common softeners used in gums include waxes like paraffin or vegetable oils. Flavourings: Different artificial flavouring is used to give the gum a desirable, tempting flavour that lures chewing gum lovers. Sweeteners: This is the ingredient that divides the gum into two different types; Regular gum and sugar-free gum. Different types of sweeteners are used in regular chewing gums. The most widely used sweeteners are Cane sugar, beet sugar and corn syrup. For sugar-free sweeteners, bulk-polyol sweeteners and intensive sweeteners are being used. As mentioned earlier, chewing gum is categorized into two types: regular vs sugar-free. This category depends on whether natural sugars or artificial sweeteners are used in their composition. Lets explore the two types of chewing gum in detail. Chewing gums come in two types; one is regular chewing gum and the other one is Sugar-free chewing gum. Regular chewing gum is the conventional sweet gum that contains sugar as one of its primary ingredients. It contains a gum base, sugar, or sweeteners, flavourings, and sometimes additional additives like softeners, colourings and preservatives. Sucrose is a widely used sweetener in regular chewing gum along with cane sugar, beet sugar and corn syrup. These sugar components in regular chewing gum provide sweetness and contribute to its calorie content. This is the type of gum we usually chew: a gum with a sweet taste that is used as a snack. Sugar-free gum is a type of chewing gum that does not contain sugar as a sweetening agent. Instead, sugar-free gum contains various artificial sweeteners. Sugar-free chewing gum has less than 0.5 grams of sugar per serving and uses alternative sweeteners [2]. The most commonly mentioned sweeteners on gum labels are Aspartame Xylitol Neotame Saccharin Sucralose Sorbitol According to Kings College London study from 2019 [3], chewing sugar-free gum on a regular basis reduces cavities by roughly 28% compared to non-chewing gum users. This effect is greater when fluoride toothpaste is used. Among the above-mentioned sweeteners, the most commonly studied are xylitol and Aspartame and thats because of a reason. Lets dive deeper into the world of these two sweeteners. Xylitol is a low-calorie naturally occurring sugar alcohol (polyol), often used as an alternative to various sugar-free and reduced-sugar products, including chewing gum. It is naturally found in small amounts in various fibrous fruits and vegetables, trees, corncobs and even the human body [4]. The fact that the sweetness of xylitol is comparable with that of table sugar but with fewer calories makes it a good substitute for natural sugars. Most of the research on xylitol is mainly focused on its ability to combat dental issues which majorly include plaque. Xylitol inhibits the growth of bacteria that are associated with dental cavities and helps in the prevention of plaque formation. A review paper published in 2020 stated that xylitol might be especially effective in combating the bacterial strains Streptococcus sangui and Streptococcus mutans [5]. Additionally, the researchers found evidence that xylitol may lessen tooth sensitivity and help demineralize the teeth, thereby reversing bacterial damage. This ability of xylitol may even help reduce the risk of cavities in future. Moreover, due to the anti-inflammatory properties of xylitol, it is thought to fight a painful skin condition called Angular chelitis that affects the corners of the lips and mouth. So, if you have this stubborn plaque in your mouth, choose xylitol-containing sugar-free chewing gum without a doubt. Other than Xylitol, Aspartame is also the talk of the town in the chewing gum industry. Aspartame is a non-nutritive sweetener (NNS). It has a sweet, sugar-like taste with no unwanted metallic or bitter taste. It is less costly than sugar. Aspartame is composed of Aspartic acid and phenylalanine and both of them are naturally occurring amino acids [6]. Unlike Xylitol, Aspartame is thought to be harmful to human health due to the following reasons [7]: Aspartame was included by the WHO in 2023 among potentially carcinogenic substances for humans. The potential effects of aspartame on the brain include oxidative stress, neuroinflammation, and changes in parts of the brain involved in memory and decision-making. Higher and safer doses of aspartame have been linked to liver impairment, with oxidative stress and inflammation playing a role. Oxidative stress in kidneys can be induced by Aspartame, which can lead to kidney damage and fibrosis. Aspartame can affect heart function, thereby raising the risk of cardiovascular disease. Aspartame may impair metabolic responses and contribute to inflammatory processes associated with metabolic diseases by altering the gut microbiota. Therefore, due to the above health risks, aspartame-free chewing gums are preferred. This is the primary reason why Aspartame-free gums are generally called Healthy Chewing Gums. So folks, before buying chewing gum blindly, read about its ingredients carefully in order to follow a healthy lifestyle and avoid risks. In conclusion, we have uncovered the essential differences between regular and sugar-free chewing gums. Additionally, we have highlighted the benefits of sugar-free chewing gums specifically containing xylitol, which can fight against a plethora of dental issues. On the other hand, potential health concerns associated with aspartame are also being discussed. So folks, before buying chewing gum blindly, take a moment to read about its ingredients carefully in order to follow a healthy lifestyle and avoid risks. [1] The main ingredients of chewing gum are gum, sweeteners, softeners, preservatives, fillers, flavourings . [2] Sugar-free gum contains different artificial sweeteners [3] Sugar-free chewing gums reduce cavities [4] Xylitol is a naturally occurring alcohol sugar [5] Xylitol might be effective in combating the bacterial strains Streptococcus sanguine and Streptococcus mutants [6] Aspartame is a non-nutritive sweetener (NNS) [7] Side effects of Aspartame on different body organs While standing in the checkout line at the supermarket you may get the urge to grab a pack of gum. Before you grab just any pack of gum and continue with your checkout, it is important that you read the label and make the right choice by selecting a sugar-free variety instead of a regular variety.To help you understand why it is so important that you choose a sugar-free gum, we will take a look at the difference between regular gum and sugar-free gum.The Process Behind How Gum is MadeBefore you can learn how regular gum differs from sugar-free gum, you have to understand how all chewing gum is made. Manufacturers take a sticky, chewy substance called gum base and turn it into neatly cut sticks of gum. Gum base is made from the sticky, tacky resin that comes from trees and is considered the main ingredient of chewing gum. Gum base is a tasteless substance. In order to create gum that is flavorful and sweet, manufacturers use artificial or natural flavorings, preservatives, and colorings. Manufacturers will also use glycerin to help increase the moisture of the gum and vegetable oil to make the gum soft and chewy.The Difference Between Regular Gum and Sugar-Free GumThe process of making regular and sugar-free gum is the same with the exception of one thing the flavorings and sweeteners used. It is this difference that makes sugar-free gum completely different from regular gum. Regular gum is filled with a wide variety of preservatives, sugars, and artificial flavoring. All of these things are necessary to create that fun, wild flavors people love, but adding them to the gum can dramatically impact your oral health. When you chew gum that contains sugars, preservatives, and artificial flavorings you are at an increased risk for developing cavities. Your risk for cavities increases because the sugars, preservatives, and artificial flavorings are released into the mouth, teeth, and saliva. Over time and with prolonged exposure to sugars, preservatives, and artificial flavorings, cavities and tooth decay can develop in your mouth.Sugar-free gum, on the other hand, has sweeteners, but they are safer for your oral health. Typically, sugar-free gum will use non-cavity causing sweeteners like mannitol, aspartame, and sorbitol. These ingredients provide the sweetness you want in chewing gum without putting you at risk for cavities and other dental problems.Why Use Sugar-Free Chewing Gum Over Regular Chewing GumChewing gum on a regular basis, especially after meals, can help improve your oral health, but only if you choose the right type of gum. Choosing sugar-free gum over regular chewing gum will have a positive impact on your oral health. Some of the benefits you will receive when you chew sugar-free gum include:Increased saliva production which helps neutralize tooth-destroying acid in the mouthReduces the development of plaqueReduces gingivitisStrengthens teeth by remineralizingHelps with digestionHow to Know if Chewing Gum is Safe to UseThe American Dental Association, or ADA, makes it extremely easy for you to know what gums are safe to use. Gums that have gone through a rigorous process and proved they are safe for sugar-free chewing earn an ADA Seal of Acceptance. The ADA Seal of Acceptance is a small logo that is placed on the label of the gum so you know it has been proven to be safe. An ADA Seal of Acceptance isnt just given to any type of gum. The manufacturers of the gum must show laboratory studies and tests, as well as clinical studies that prove the gum is safe to eat. Once this information has been provided and reviewed by a team of dentists, the manufacturers can be granted the ADA Seal of Acceptance if it is determined the gum is safe for sugar-free consumption. If you like to chew gum, but are unsure whether a certain brand is okay to consume, feel free to talk about it with our dentist. Our dentist will gladly help you learn how to tell whether your favorite chewing gum is safe to use or if you should switch to a different, safer brand. Call us to schedule an appointment. We look forward to seeing you. Sugar-free gum is quite useful when it comes to addressing some common ailments. All you have to do is to chew on it, and this simple act can have a positive effect on your oral, digestive, and mental health without the risk of side effects. Chewing unsweetened gum can help improve your health in the following ways. A healthy oral cavity is naturally populated with various bacterial strains that live in harmony with each other. When you chew food, these bacteria help break down the sugars and carbs in the mouth so that they become easier to digest later. But in doing so, they release certain acids as by-products that corrode the enamel or outermost layer of the teeth. Negligent oral hygiene causes food residue to accumulate inside the mouth, which invites more bacteria that feed on the sugars. The food debris, saliva, and bacteria mix together to form a sticky yellowish layer over the teeth and gums called plaque. Plaque bacteria continue to dissolve the teeth slowly, and the damage can reach deeper levels, giving rise to caries and cavities. Plus, plaque bacteria can damage and infect the gums. The most basic and important step to avoid such oral hygiene issues is to brush your teeth twice a day, floss regularly, and preferably use mouthwash. Experts recommend brushing or rinsing your mouth after each meal, which is when oral bacteria spring into action and release the most acid that increases the risk of tooth decay and gum disease. But this can be a challenge when you are not at home. In such situations, chewing a piece of sugar-free gum for 20 minutes after eating or drinking can serve as a good alternative to reduce plaque buildup inside the mouth. The chewing action stimulates the salivary glands to produce more saliva, which washes over the teeth and gums to clear some of the sugar or food particles stuck in the crevices. This can help deter further plaque buildup, but it is unlikely to reduce your current plaque scores, which require proper dental cleanup. (1) A 2019 study showed that xylitol and sorbitol, the two main dietary polyols found in sugar-free gum, (2) helped bring down the plaque, gingival, and bleeding scores in the subjects. (3) Moreover, saliva has a high pH, which helps neutralize the plaque pH after a sugar breakdown to inhibit more bacterial growth and tooth decay. (4) The increased flow of saliva may even lead to faster remineralization of teeth. A dry mouth creates an ideal environment for malodorous bacteria to overgrow and cause bad breath. Chewing sugarless gum triggers increased salivary flow to hydrate the mouth and thereby prevent or reduce bad breath. (5) Acid reflux is the backflow of stomach acids into the esophagus, which causes a burning sensation in the chest known as heartburn and leaves a bitter acidic taste in the mouth. This is a very common problem that may occur occasionally after indigestion or it can be more chronic. Everyone suffers from acidity time and again, with antacids generally being the go-to solution. But something as simple as chewing sugar-free gum can also help provide quick relief. It works by stimulating the flow of saliva inside the mouth, which needs to be gulped down frequently. Saliva naturally has a high pH, making it basic in nature. Thus, the increased ingestion of saliva helps neutralize the stomach acid to make it less corrosive and irritating to the sensitive inner lining of the gastrointestinal tract. Its best to chew gums that contain bicarbonate, which can further counteract stomach acids. (5) Not just that, but chewing gum may help improve the peristaltic movement of the digestive tract to prevent the regurgitation of stomach acids into the food pipe. Chewing sugar-free gum can be a great stress buster. It helps redirect your mind from negative thoughts to the constant act of chewing. In a way, it helps you vent out your pent-up tension and anxieties for a relaxing effect. A 2016 study concluded that this intervention may even help reduce feelings of depression, a stress-related disorder. (6) However, there is still very limited research on the relationship between gum chewing and mental health. One study that examined the effect of chewing unsweetened gum for 2 weeks days on the mood and fatigue levels of healthy young adults produced inconclusive results. (7) So, more extensive human trials are needed to properly assess just how useful it is for mental well-being. It is well known that chewing gum is used for sleepiness prevention during work, learning, and driving. According to a 2015 study, chewing sugarless gum can help make you more alert and attentive, thus improving your overall cognitive performance. (8) Plus, it may enhance your ability to memorize things. (9) This may be due to the fact that chewing helps increase the blood flow to areas of the brain responsible for building concentration and memory. Thus, it is no surprise that people often chew gum to keep themselves awake and alert during monotonous situations such as a boring day at work, learning in an uninteresting class, or driving long distances. Anyone who has tried quitting smoking will attest that it is one of the most difficult things to do. A majority of those who managed to give it up only did it after repeated attempts. Cigarettes contain a chemical called nicotine, which makes them so utterly addictive and damaging at the same time. If you are struggling to overcome this deadly habit, nicotine sugarless gum can help make things a little easier. Your body is used to concentrated amounts of nicotine present in cigarettes, but nicotine gum only administers small doses in your system to quell your urges and gradually wean your body off it. (10) Also, the act of chewing keeps your mouth and mind occupied, which may help reduce the compulsion to smoke. (11) The correct way to use nicotine gum is to slowly bite it down on the gum until you get a tingling sensation in the mouth. Regular smokers may start with 924 pieces of gum daily for the initial 6 weeks and gradually taper down their use thereafter. It is best to consult your doctor for proper use. Note: Nicotine gum is not recommended for people with dental caps, dentures, or partial bridges as it can stick to them and cause damage. In such cases, you are advised to consult your doctor or pharmacist about medications that can help you quit smoking. (12) If you are feeling nauseous due to an upset stomach, morning sickness, or motion sickness, chewing on a sugarless mint or ginger gum may help. Both mint and ginger are natural antiemetic agents that help soothe nausea. Moreover, nausea is often triggered by too much stomach acid, which can be neutralized through this intervention. The act of chewing increases saliva in the mouth, which travels down into the stomach to offset the acidity. (13) Yes, chewing unsweetened gum is unlikely to have any effect on your blood glucose levels. (14) Sugar-free gum is known to deliver a number of health benefits, but more extensive research is needed to determine just how effective it is. Nevertheless, this cheap and easily available product is unlikely to cause adverse side effects, making it worth a try. Was this article helpful?YES, THANKS!NOT REALLY Skip over main navigation Menu Manage Cookie Preferences Skip over main navigation Menu Manage Cookie Preferences ,the free encyclopedia that anyone can edit.117,937 active editors 7,001,027 articles in EnglishThe English-language Wikipedia thanks its contributors for creating more than seven million articles! Learn how you can take part in the encyclopedia's continued improvement.Andrea Navagero (14831529) was a Venetian diplomat and writer. He entered the Great Council of Venice at the age of twenty, five years younger than was normal at the time. He edited manuscripts at the Aldine Press, garnering a reputation as a scholar and a highly skilled writer. In 1515, he was appointed the official historian of the Republic of Venice as well as the caretaker of a library containing the collection of the scholar Bessarion. Navagero was named the Venetian ambassador to Spain in 1523 and navigated the volatile diplomatic climate caused by the conflict between CharlesV of Spain and FrancisI of France. By the time Navagero arrived back in Venice in 1528, he had grown disillusioned with politics and wished to return to editing manuscripts and cultivating his prized gardens. Much to his dismay, he was appointed ambassador to France in January 1529. After traveling to meet with FrancisI, he fell ill and died that May. 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GaillardPeter DavidAlan YentobGerry ConnollySebastio SalgadoNominate an articleMay 29: Feast day of Saint PaulVI (Catholicism)Headline in the New York Times1233 MongolJin War: The Mongols entered and began looting Kaifeng, the capital of the Jin dynasty of China, after a 13-month siege.1416 A squadron of the Venetian navy captured many Ottoman ships at the Battle of Gallipoli, confirming Venetian naval superiority in the Aegean Sea for the next few decades.1913 During the premiere of the ballet Le Sacre du printemps by Igor Stravinsky at the Thtre des Champs-lyses in Paris, the avant-garde nature of the music and choreography caused a near-riot in the audience (report pictured).1999 Charlotte Perrelli, representing Sweden, won the Eurovision Song Contest, the first edition not to feature an orchestra or live accompaniment.2011 Residents of Portland, Oregon, held a rally called Hands Across Hawthorne in response to an attack against a gay couple holding hands while crossing the Hawthorne Bridge.Benedetto Pistrucci (b.1783)G.K. Chesterton (b.1874)Hubert Opperman (b.1904)Uro Drenovi (d.1944)More anniversaries: May 28May 29May 30ArchiveBy emailList of days of the yearAboutThe Australian white ibis (Threskiornis molucca) is a wading bird of the ibis family, Threskiornithidae. It is widespread across much of Australia, and has a predominantly white plumage with a bare, black head, long downcurved bill, and black legs. While it is closely related to the African sacred ibis, the Australian white ibis is a native Australian bird. Due to its increasing presence in the urban environment and its habit of rummaging in garbage, the species has acquired a variety of colloquial names such as "tip turkey" and "bin chicken". This Australian white ibis was photographed at the Royal Botanic Garden, Sydney.Photograph credit: Charles J. SharpRecently featured: Hell Gate BridgeAnemonoides blandaBluespotted ribbontail rayArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia itself, including policies and technical issues.Site news Sources of news about Wikipedia and the broader Wikimedia movement.Teahouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about encyclopedic topics.Content portals A unique way to navigate the encyclopedia.Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles DeutschEspaolFranaisItalianoNederlandsPolskiPortugusSvenskaTing Vit 250,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdLatvieuLietuviNorsk nynorskShqipSlovenina Retrieved from " 2Calendar yearYearsMillennium2ndmillenniumCenturies12thcentury13thcentury 14thcenturyDecades1210s1220s1230s 1240s1250sYears1230123112321233 123412351236vte1233 by topicLeadersPolitical entitiesState leadersReligious leadersBirth and death categoriesBirths DeathsEstablishments and disestablishments categoriesEstablishments DisestablishmentsArt and literature1233 in poetryvte1233 in various calendarsGregorian calendar1233MCCXXXIIIAb urbe condita1986Armenian calendar682 Assyrian calendar5983Balinese saka calendar11541155Bengali calendar639640Berber calendar2183English Regnal year17Hen.318Hen.3Buddhist calendar1777Burmese calendar595Byzantine calendar67416742Chinese calendar (WaterDragon)3930 or 3723to (WaterSnake)3931 or 3724Coptic calendar949950Discordian calendar2399Ethiopian calendar12251226Hebrew calendar49934994Hindu calendars- Vikram Samvat12891290- Shaka Samvat11541155- Kali Yuga43334334Holocene calendar11233Igbo calendar233234Iranian calendar611612Islamic calendar630631Japanese calendarJei 2 / Tenpuku 1()Javanese calendar11421143Julian calendar1233MCCXXXIIIKorean calendar3566Minguo calendar679 before ROC679Nanakshahi calendar235Thai solar calendar17751776Tibetan calendar(male Water-Dragon)1359 or 978 or 206to(female Water-Snake)1360 or 979 or 207 Henry I of Cyprus receives a messageYear 1233 (MCCXXXIII) was a common year starting on Saturday of the Julian calendar.War of the Lombards: Lombard forces at Kyrenia surrender to John of Beirut, after a 10-month siege. The defenders, with their personal belongings, are allowed to retire to Tyre. Captured prisoners are exchanged for those held by Richard Filangieri, commander of the Lombards, at Tyre. Cyprus is wholly restored under the rule of the 16-year-old King Henry I ("the Fat"). His vassals are rewarded, and loans that they have made are repaid.[1]August 20 Oath of Bereg: King Andrew II of Hungary vows to the Holy See that he will not employ Jews and Muslims to administer royal revenues, which causes diplomatic complaints and ecclesiastical censures.[2]Winter Reconquista: King Ferdinand III of Castile ("the Saint") conquers the cities of Trujillo and beda. The Castilian army besieges the city of Peniscola. Ferdinand forces Ibn Hud, ruler of the Taifa of Zaragoza, to sign a truce.[3]August Richard Marshal, 3rd Earl of Pembroke, signs an alliance with Llywelyn the Great, to join forces to revolt against King Henry III. Richard is faced by demands from royal bailiffs in September where the garrison of Usk Castle is forced to surrender.November Henry III's army camped at Grosmont Castle is attacked in the night, by a force of Welsh and English rebels. Several of Henry's supporters are captured, and the castle is returned to Hubert de Burgh, one of the rebels.May 29 MongolJin War: The Mongol army led by gedei Khan captures Kaifeng, capital of the Jin dynasty ('Great Jin'), after the 13-month Siege of Kaifeng (1232). The Mongols plunder the city, while Emperor Aizong of Jin flees for the town of Caizhou. Meanwhile, gedei departs and leaves the final conquest to his favoured general, Subutai.December Siege of Caizhou: The Mongols under gedei Khan besiege Caizhou and ally themselves with the Chinese Song dynasty to eliminate the Jin Dynasty.Gendt receives its city rights from Otto II ("the Lame"), count of Guelders (modern Netherlands).Pope Gregory IX establishes the Papal Inquisition, to regularize the persecution of heresy.June/July Ibn Manzur, Arab lexicographer and writer (d. 1312)August 15 Philip Benizi de Damiani, Italian religious leader (d. 1285)October Al-Nawawi, Syrian scholar, jurist and writer (d. 1277)Adelaide of Burgundy, duchess of Brabant (d. 1273)Choe Ui, Korean military leader and dictator (d. 1258)Ibn al-Quff, Ayyubid physician and surgeon (d. 1286)Sancho of Castile, archbishop of Toledo (d. 1261)January 6 Matilda of Chester, Countess of Huntingdon (or Maud), English noblewoman (b. 1171)January 18 Yang (or Gongsheng), Chinese empress (b. 1162)February 12 Ermengarde de Beaumont, queen of ScotlandMarch 1 Thomas I (or Tommaso), count of Savoy (b. 1178)May Simon of Joinville, French nobleman and knight (b. 1175)June Yolanda de Courtenay, queen consort of HungaryJuly 8 Konoe Motomichi, Japanese nobleman (b. 1160)July 26 Wilbrand of Oldenburg, prince-bishop of UtrechtJuly 27 Ferdinand (or Ferrand), count of Flanders (b. 1188)July 29 Savari de Maulon, French nobleman (b. 1181)July 30 Konrad von Marburg, German priest (b. 1180)October 8 Ugo Canefri, Italian health worker (b. 1148)October 22 Fujiwara no Shunshi, Japanese empress consort (b. 1209)November 22 Helena, duchess of Brunswick-LneburgNovember 27 Shi Miyuan, Chinese politician (b. 1164)Ibn al-Athir, Seljuk historian and biographer (b. 1160)Bertran de Born lo Filhs, French troubadour (b. 1179)Bohemond IV ("the One-Eyed"), prince of Antioch (b. 1175)Gkbri ("Blue-Wolf"), Ayyubid general and ruler (b. 1154)Guilln Prez de Guzmn, Spanish nobleman (b. 1180)John Apokaukos, Byzantine bishop and theologianMathilde of Angoulme, French noblewoman (b. 1181)Sayf al-Din al-Amidi, Ayyubid scholar and jurist (b. 1156)William Comyn, Scoto-Norman nobleman (b. 1163)^ Steven Runciman (1952). A History of The Crusades. Vol III: The Kingdom of Acre, pp. 169170. ISBN978-0-241-29877-0.^ Berend, Nora (2001). At the Gate of Christendom: Jews, Muslims and "Pagans" in Medieval Hungary, c. 1000-c.1300. Cambridge University Press. p.158. ISBN978-0-521-02720-5.^ Lourie, Elena (2004). Jews, Muslims, and Christians in and around the Crown of Aragon: essays in honour of Professor Elena Lourie. Brill. p.270. ISBN90-04-12951-0.[permanent dead link]Retrieved from " 3One hundred years, from 1101 to 1200See also: Renaissance of the 12th centuryMillennia2ndmillenniumCenturies11thcentury12thcentury13thcenturyTimelines11thcentury12thcentury13thcenturyState leaders11thcentury12thcentury13thcenturyDecades1100s1110s1120s1130s1140s1150s1160s1170s1180s1190sCategories:Births Deaths Establishments DisestablishmentsvteEastern Hemisphere at the beginning of the 12th centuryThe 12th century is the period from 1101 to 1200 in accordance with the Julian calendar. In the history of European culture, this period is considered part of the High Middle Ages and overlaps with what is often called the "'Golden Age' of the Cistercians". The Golden Age of Islam experienced significant development, particularly in Islamic Spain.In Song dynasty China, an invasion by Jurchens caused a political schism of north and south. The Khmer Empire of Cambodia flourished during this century, while the Fatimids of Egypt were overtaken by the Ayyubid dynasty. Following the expansions of the Ghaznavids and Ghurid Empire, the Muslim conquests in the Indian subcontinent took place at the end of the century.The Ghurid Empire converted to Islam from Buddhism.1101: In July, the Treaty of Alton is signed between Henry I of England and his older brother Robert, Duke of Normandy in which Robert agrees to recognize Henry as king of England in exchange for a yearly stipend and other concessions. The agreement temporarily ends a crisis in the succession of the Anglo-Norman kings.11011103: David the Builder takes over Kakheti and Hereti (now parts of Georgia).1102: King Coloman unites Hungary and Croatia under the Hungarian Crown.1102: Muslims conquer Seoro de Valencia.11031104: A church council is convened by King David the Builder in Urbnisi to reorganize the Georgian Orthodox Church.1104: In the Battle of Ertsukhi, King David the Builder defeats an army of Seljuks.1104: King Jayawarsa of Kadiri (on Java) ascends to the throne.[citation needed]1106: Battle of Tinchebray.11071111: Sigurd I of Norway becomes the first Norwegian king to embark on a crusade to the Holy Land. He fights in Lisbon and on various Mediterranean isles and helps the King of Jerusalem to take Sidon from the Muslims.1108: By the Treaty of Devol, signed in September, Bohemond I of Antioch has to submit to the Byzantine Empire, becoming the vassal of Alexius I.1109: On June 10, Bertrand of Toulouse captures the County of Tripoli (northern Lebanon/western Syria).1109: In the Battle of Nako, Boleslaus III Wrymouth defeats the Pomeranians and re-establishes Polish access to the sea.1109: On August 24, in the Battle of Hundsfeld, Boleslaus III Wrymouth defeats Emperor Henry V of Germany and stops German expansion eastward.1111: On April 14, during Henry V's first expedition to Rome, he is crowned Holy Roman Emperor.1113: Paramavishnulok is crowned as King Suryavarman II in Cambodia. He expands the Khmer Empire and builds Angkor Wat during the first half of the century. He establishes diplomatic relations with China.1115: The Georgian army occupies Rustavi in the war with the Muslims.1115: In Java, King Kamesvara of Kadiri ascends to the throne. Janggala ceases to exist and comes under Kadiri domination, highly possible under royal marriage. During his reign, Mpu Dharmaja writes Kakawin Smaradahana, a eulogy for the king which become the inspiration for the Panji cycle tales, which spread across Southeast Asia.[1]1116: The Byzantine army defeats the Turks at Philomelion.1116: Death of doa Jimena Daz, governor of Valencia from 1099 to 1102.c. 1119: The Knights Templar are founded to protect Christian pilgrims in Jerusalem.A Black and White Photo of the 12th century Cuenca Cathedral (built from 1182 to 1270) in Cuenca, Spain1120: On January 16, the Council of Nablus, a council of ecclesiastic and secular lords in the crusader Kingdom of Jerusalem, establishes the first written laws for the kingdom.1120: On November 25, William Adelin, the only legitimate son of King Henry I of England, drowns in the White Ship Disaster, leading to a succession crisis which will bring down the Norman monarchy of England.1121: On August 12, in the Battle of Didgori, the greatest military victory in Georgian history, King David the Builder with 45,000 Georgians, 15,000 Kipchak auxiliaries, 500 Alan mercenaries and 100 French Crusaders defeats a much larger Seljuk-led Muslim coalition army.1121: On December 25, St. Norbert and 29 companions make their solemn vows in Premontre, France, establishing the Premonstratensian Order.1122: The Battle of Beroia (Modern-day Stara Zagora, Bulgaria) results in the disappearance of the Pechenegs Turkish tribe as an independent force.1122: On September 23, the Concordat of Worms (Pactum Calixtinum) is drawn up between Emperor Henry V and Pope Calixtus II bringing an end to the first phase of the power struggle between the papacy and the Holy Roman Empire.1122: King David the Builder captures Tbilisi and declares it the capital city of Georgia, ending 400 years of Arab rule.1123: The Jurchen dynasty of China forces Koryo (now Korea) to recognize their suzerainty.1124: In April or May, David I is crowned King of the Scots.1125: On June 11, in the Battle of Azaz, the Crusader states, led by King Baldwin II of Jerusalem, defeat the Seljuk Turks.1125: In November, the Jurchens of the Jin dynasty declare war on the Song dynasty, beginning the JinSong wars.1125: Lothair of Supplinburg, duke of Saxony, is elected Holy Roman Emperor instead of the nearest heir, Frederick of Swabia, beginning the great struggle between Guelphs and Ghibellines.1127: The Northern Song dynasty loses power over northern China to the Jin dynasty.1128: On June 24, the Kingdom of Portugal gains independence from the Kingdom of Len at the Battle of