

TOOTH & GUM SUPPORT SUPPLEMENTS



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**HEALTH
DIMENSIONS** 

Alpha Base	240 Tabs	\$49.99		
Reacted Cal-Mag	180 Tabs	\$49.99		
Vitamin D 1000 IU	180	\$20.99		
CoQ 10	60 Soft Gel	\$56.99	120 Soft Gel	\$99.99
Orthomega	120 Soft Gel	\$53.99	180 Soft Gel	\$75.99
Ortho Biotic	30 Caps	33.99	60 Caps	63.99

Alpha Base – Broad Periodontal Support

- Alpha Base is a superior multivitamin that provides a high-quality source of nutrients in the most bioavailable form.
- A review of clinical studies involving multivitamins in periodontitis displayed improvements in gingival inflammation, bleeding on probing, pocket depths and attachment levels. (1)



Munoz C, Stephens J, Kim J, et al. Effect of a nutritional supplement on periodontal status. (1)

Orthomega – Reduce Inflammation

- Omega-3 fatty acids have been shown to have therapeutic anti-inflammatory and protective actions in inflammatory diseases, including periodontitis. (1)
- A clinical trial showed that patients treated with omega-3 fatty acids had considerably less periodontal disease progression for over five years. (2)



Surette M. The science behind dietary omega-3 fatty acids. CMAJ 2008 Jan 15; 178 (2): 177-180 (1)
Iwasaki M, Yoshihara A, Moynihan P, et al. Longitudinal relationship between dietary omega-3 fatty acids and periodontal disease. Nutrition 2010 Nov-Dec; 26 (11-12): 1105-1109 (2)

Ortho Biotic – Microbiome Support

- After a two-week intake of probiotic species, a significant decrease in gingival bleeding and a reduction in gingivitis was seen. (1)
- In a clinical study, probiotics decreased the plaque index and pocket probing depth; they also reduced the prevalence of periodontal pathogens. (2)



Krasse P, Carlsson B, Dahl C, et al. A decreased gum bleeding and reduced gingivitis by the probiotic Lactobacillus reutei. Swed Dent J 2006; 30: 55-60. (1)
Shimauchi H, Mayanagi G, Nakaya S. Improvement of periodontal condition by probiotics with lactobacillus salivarius WB21: a randomized double blind, placebo controlled study. J Clin Periodontol 2008; 35: 897-905. (2)

CoQ 10

- Patients with periodontal disease commonly have a deficiency in CoQ-10 in gingival tissue. (1)
- In a recent clinical trial, after 3 months of treatment with CoQ-10 patients had a decrease in the symptoms of periodontal disease. (2)



Nakamura R, Littarru G and Folkers K. Deficiency of coenzyme Q in gingiva of patients with periodontal disease. Int J Vitam Nutr Res 1973; 43:84-922. (1)
Wilkinson EG, Arnold RM and Folkers K. Adjunctive treatment of periodontal disease with coenzyme Q10. Res Commun Chem Pathol Pharmacol 1976; 14 (4): 715-719. (2)

Reacted Cal-Mag – Extra Periodontal Support

- Deficiencies of Vitamin D or calcium can lead to resorption of bone around the teeth and destruction of the periodontal ligaments. (1)
- Recent clinical trials have displayed that patients taking magnesium supplements showed better periodontal health, including reduced probing depth, less attachment loss and less tooth loss. (2)



Jeffcoat MK, Chesnut CH. Systemic osteoporosis and oral bone loss: evidence shows increased risk factors. J Am Dental Assoc 1993 Nov; 45-56. (1)
Meissel P, Schwahn C, Luedemann J, et al. Magnesium deficiency is associated with periodontal disease. J Dent Res 2005 Oct; 84 (10): 937-941. (2)

Vitamin D 1000 IU

- Vitamin D3 deficiency is associated with periodontitis.
- Deficiencies of Vitamin D3 may cause the resorption of bone around the teeth and destruction of the periodontal ligaments that anchor the teeth to the jawbone. (1)



Jeffcoat MK, Chesnut CH. Systemic osteoporosis and oral bone loss: evidence shows increased risk factors. J Am Dental Assoc 1993 Nov; 45-56. (1)