

Nutritional Supplements

Supplement	How Used	Benefit Claimed
Coenzyme Q10	100 mg. daily	Increases Tissue Oxygenation
<u>Goldenseal</u>	Swish 1 dropper full in mouth for 3 minutes. Do not take swallow and do not take for more than 1 week as it may change normal intestinal flora. Use with caution if allergic to ragweed.	Claims to destroy some bacteria that cause periodontal disease.
Vitamin C <u>w/bioflavonoids</u>	4000-10000 mg. daily in divided doses	Promotes healing especially with bleeding gums. <u>Bioflavonoids</u> claim to retard plaque growth.
Calcium	1500 mg. daily	Increases bone density
Magnesium	750 mg. daily	Works with calcium
Vitamin A		Contributes to healing.
Beta Carotene	25,000 IU daily for 1 month, then reduce to 10,000 IU daily.	If pregnant, ask your physician. As an antioxidant used by the body to manufacture Vitamin A.
Vitamin E	Start with 400 IU daily and increase slowly to 1,000 IU daily. Oil can be rubbed on gums daily.	Contributes to healing and is also an antioxidant to promote healing
Selenium		Powerful antioxidant that works with Vitamin E to help prevent cancer.
Grape Seed Extract	Check labeling	Antioxidant and anti-inflammatory
<u>Proteolytic enzymes w/ pancreatin</u>	Check labeling	Helps digestion and reduces inflammation
Vitamin B Complex	50 mg. three times daily with meals	Helps digestion
Zinc	Check labeling	Enhances the immune function and promotes healing