



Delta Dental of Washington

Six Nutritional Supplements for Strong Smiles

Looking to supplement your dental care routine?

SEATTLE – Jan. 20, 2023 - Brushing and flossing are the main tricks of the trade to maintaining a healthy smile, but if you want to expand your dental health from the inside out, you may want to consider nutritional supplements.

“Most people can obtain all the necessary vitamins and minerals from a balanced diet, but for some, supplements can be helpful as nutrition deficiencies can lead to conditions such as inflammation and tooth loss if left untreated for too long,” said Kiran Malhi, DMD, a dental consultant for Delta Dental of Washington.

These six supplements can jump start an even healthier smile in tandem with brushing, flossing and consistent trips to the dentist.

Calcium: Calcium helps more than just your bones—it can help your teeth too. While calcium is found in dairy products, fish, vegetables and nuts, you can also take calcium as a supplement if you have roadblocks to accessing calcium-rich foods.

Phosphorus: Phosphorus aids in calcium absorption into the body, helping to strengthen teeth with protecting and rebuilding tooth enamel. Many people get enough phosphorus in their diets through meat, fish, milk and whole grains, but it is available in supplement form for those with dietary restrictions.

Vitamin A: Vitamin A helps in saliva production, which is beneficial to your overall oral health. Saliva functions in breaking down foods and cleans bacteria between teeth. The vitamin is found in orange-colored fruits and vegetables, fish and eggs. Vitamin A vitamins are widely available and also keep eyes and skin healthy.

Vitamin C: Vitamin C helps your gums as well as your teeth, keeping connective tissues in the gums strong to hold teeth in place while deficiencies in vitamin C can be the cause of bleeding gums and gum disease. However, chewable or liquid forms of vitamin C are erosive and can cause the loss of enamel if taken in excess but are safe at the recommended dosage. Vitamin C is present in many fruits and vegetables.

Vitamin D: Vitamin D protects against oral health conditions like gingival inflammation, cavities and gum disease, as it plays a significant role in tooth mineralization. Like calcium, vitamin D can be found in fish or vitamin D-fortified foods like milk and cereal, but for convenience, it is available in supplement form.

Zinc: Zinc can eliminate cavity-causing bacteria and controlling demineralization. The vitamin can also help with gum diseases like gingivitis and other common periodontal problems. A bonus is that zinc helps fight against bad breath.

For additional information about how to get and maintain a healthy smile, visit <https://www.deltadentalwa.com/blog>.

About Delta Dental of Washington

Delta Dental of Washington is the state's leading dental benefit provider, covering nearly 3 million people in Washington state and nationally. As the only not-for-profit carrier dedicated to improving oral health in Washington, Delta Dental plays a vital role extending access to care for the underserved and vulnerable populations by funding the Arcora Foundation, as well as through corporate philanthropy, and oral health advocacy – to ensure all people enjoy good oral health and overall health. For more information, visit: www.deltadentalwa.com.