

# Vital Nutrients for Oral Health

VITAL NUTRIENTS FOR ORAL HEALTH	IMPACT ON ORAL CAVITY	ORAL SIGNS OF VITAMIN DEFICIENCY
VITAMIN A	An excess or shortage can impair oral tissue repair and healing. It can also effect the process of tooth development	Enamel Hypoplasia (poorly formed enamel). Presence of oral yeast infections. Xerostomia (Dry mouth). Gingivitis and swelling of the gum tissues.
VITAMIN C	Assists White Blood Cells in fighting oral bacteria and neutralizes harmful toxic by- products of bacteria	Slower wound healing in the mouth. Gingivitis and bleeding of the gums. Increased risk of developing periodontal disease.
VITAMIN D	Essential for healthy teeth and bone development	Incomplete calcification of teeth and alveolar bone (bone that supports the teeth in the jaw). Jaw abnormalities. Missing teeth/misaligned teeth/ Enamel Hypoplasia.
THE "B" VITAMINS	Defficiency can cause oral discomfort and increases risk of developing gingivitis.	Burning sensation in the mouth/tongue. Loss of papillae (taste buds on tongue). Angular Cheilitis( dry, red patch of irritated skin at comers of the mouth). Apthous Ulcers ( oral mouth sores). Gingivitis and inflammation of the gums
IRON	A deficiency in iron is known as Anemia. Severe Anemia can cause oral discomfort and increased bleeding of the gums.	Gingivitis and increased bleeding of the gum tissue. Burning sensation in the mouth/ tongue. Very pale oral tissues including gums. Loss of papillae (taste buds on tongue). Angular Cheilitis