Vitamin D for your teeth

Dental Cavities occur as a result of **tooth decay**.

Tooth decay occurs when **sugars** & **starches** (bread, cereal, milk, soda) are left on your teeth.

Things like brushing, flossing, mouthwash and regular check-ups can help keep teeth clean and cavity free.

Can vitamin D help?

Research shows that vitamin D deficiency can contribute to cavities.

How it works

Vitamin D helps reduce the risk of cavities, by producing **cathelicidin** & **denfensins**. These proteins have **antibacterial** effects to fight bacteria that cause cavities.

Sun exposure & Cavities

Research on **vitamin D**, **sun exposure**, & **cavities** found:

74% A 74% reduction in cavities of people who had the most **sun exposure**.

49% And a 49% decrease in cavities among people who took **vitamin D3**.

Children

Studies show children with severe early childhood cavities had much **lower vitamin D levels** than children without severe childhood cavities.

VITAMIN D COUNCIL

Sources:
1. American Dental Association. Cavities. MouthHealthy.org. 2013.
2. Hujoel PP. Vitamin D and dental caries in controlled clinical trials: systematic review and meta-analysis. Nutrition Reviews. Nov 2012.
3. Schroth RJ, Jeal NS, Kliewer E, Sellers EA. The relationship between vitamin D and severe early childhood caries: a pilot study. Int J Vitam Nutr Res. Feb 2012.