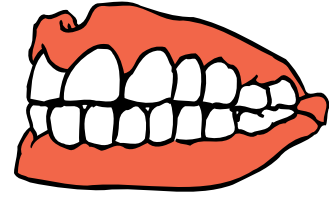


## Gum Conditions

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**Cause:** Inadequate brushing and flossing lead to plaque buildup, causing the gums to become inflamed, swollen, and to bleed easily. Plaque, a soft, sticky film primarily made up of bacteria, will harden after 72 hours into tartar, which can't be removed by brushing or flossing. This is why the best defense against gum disease is brushing and flossing after meals, as well as professional cleaning by a dental hygienist. Vitamin C and niacin deficiencies can also result in gum disease, or gingivitis. If ignored, a more serious form of gum disease, called periodontitis occurs, which can lead to severe infection and tooth loss.



### **What May Help: Watkins Aloe Vera Juice**

**Why:** New reports published in *General Dentistry* show that aloe vera juice or gel can be beneficial for oral health (see below).

### **What May Help: Watkins Natural Peppermint Fluoride Toothpaste**

**Why:** Helps to protect from cavities and high-foaming formula helps clean between teeth.

### **What May Help: Watkins E+CoQ10**

**Why:** A periodontal specialist discovered that people with gum disease had low levels of CoQ10. When patients were given CoQ10 supplements, the gum condition was reversed.

### **What May Help: Watkins Superfood Multiple (Super Multi)**

**Why:** Contains vitamin C and flavonoids which strengthen connective tissue in the gums.

**Helpful Hint:** Bacteria in the mouth not only leads to tooth decay, gum disease and bad breath, but the bacteria travels through the body, causing infection. The infection, in turn, causes an inflammatory response that may trigger heart attacks, strokes and pre-term births.

## Aloe Vera for Oral Health

New reports published in the January/February issue of *General Dentistry* show that the aloe vera plant, used to heal skin for more than 2,000 years, can also treat many oral health problems, including canker sores, cold sores, herpes simplex type 1 virus, lichen planus, and gum disease such as gingivitis. Researchers suggest that aloe vera accelerates healing and reduces pain associated with canker sores and blisters on the lips and mouth and could be a very inexpensive alternative remedy.

Author Richard L. Wynn discusses a study done on a patient with lichen planus, a disease affecting the skin and oral mucus membranes. The patient drank 2 ounces of aloe vera juice daily and topically applied aloe vera to the lips. The oral lesions cleared up in four weeks and complete success was achieved. Dr. Wynn cited the study as showing that oral health problems can be treated with aloe vera. "Aloe Vera can be taken both as the aloe vera juice and aloe vera gel. These are the two modes of delivery recognized by the FDA," said Dr. Wynn.

Watkins Aloe Vera Juice is 99.7% pure, cold-processed and stabilized. For the greatest benefits, drink at least 2 ounces of Watkins Aloe Vera Juice daily.

*Consult your physician before taking any dietary supplements.*

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. In Canada, this information is provided for educational purposes only. No claims are being made for any product.

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