



Other nutrients

REQUIRING SUPPLEMENTATION

VITAMIN C

- Strengthens our immune system

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- Strengthens our immune system
- Promotes bone formation
- Weakens diseased/degenerated cells

Signs of a deficiency: periodontitis, wound healing disorders, susceptibility to infections.

Recommended supplementation: 1-3 g/d (in addition to vitamin-rich food)

MAGNESIUM

- Main key to the energy supply of all our body cells
- Indispensable for the activation of vitamin D
- Promotes sleep quality

Signs of a deficiency: loosening of teeth, bone loss, increased bleeding tendency, cell aging.

Recommended supplementation: 300-400 mg/d (e.g. magnesium citrate)

OMEGA-3

- Supplies polyunsaturated fatty acid, which the body cannot produce by itself
- Controls vital, "good" inflammatory processes in a balanced ratio with omega-6
- Balances the ratio of omega-6 to omega-3 fatty acids, which are typically too high today

Signs of a deficiency: Increased tendency to inflammation, cardiovascular & autoimmune diseases, cancer, dementia, diseases of skin, bones and joints.

Recommended supplementation:

approx. 1 g/d

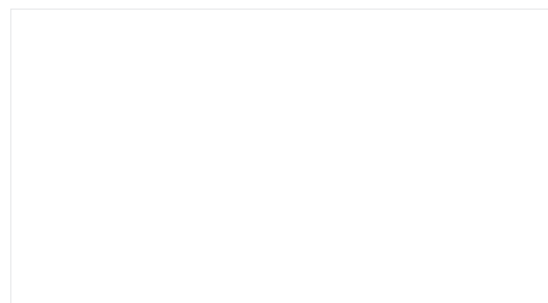


Further information on these and other micronutrients

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Vitamin D & Friends: Micronutrients for Gums and Bones

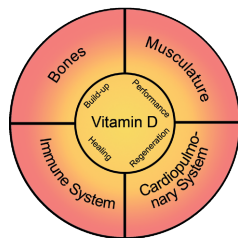




Vitamin D3

RELEVANCE FOR OUR BODY

Vitamin D controls over 2000 genes and thus plays a crucial role for all organs and processes in our body - a real booster for our immune system. The body's vitamin D requirements cannot be met through food, because it is actually a hormone and not a vitamin. It is formed naturally by solar radiation.



Vitamin D3

UNDERSUPPLY

Various circumstances have led to a chronic under-supply of vitamin D in the German population:

- Insufficient radiation from the sun between October and April.
- Production blocked by sunscreens or clothing
- Generally too little sun exposure (especially at midday)

Therefore, a supplementation of vitamin D3, independent of diet and sun, is essential for the long-term preservation of our health!



Consistency

SUPPLEMENTATION

- The most efficient approach is supplementation under controlled supervision.
- A lifelong vitamin D blood level of 40-80 ng/ml is a good, healthy goal.
- Vitamin K2 (MK-7) is an important element working with Vitamin D to ensure optimal distribution of calcium, preventing arteriosclerosis & osteoporosis (calcium incorporation into bones instead of vascular walls)
- A combination of MK-7 (the most active form) and Vitamin D3 should be used: 10,000 I.U. of D3 to 100µg of K2/mk-7
- Current dosage recommendations are usually calculated too low: They focus only on the needs of bone metabolism, not long term health.

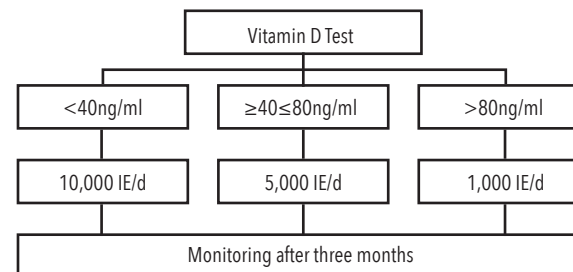


Fig. 2: Dose recommendation for a healthy adult according to the vitamin D test.



Dentistry

KEY FACTOR FOR DENTAL TREATMENTS

- Vitamin D is the central factor for soft tissue and bone healing
- Sufficient pre-operative vitamin D supply is very important. Target value: > 70 ng/ml

Further information on vitamin D3 and vitamin K2 can be found here:



Vitamin D -
THE SWISS BIOHEALTH
CONCEPT



Vitamin K2 -
THE SWISS BIOHEALTH
CONCEPT



A study by GHANAATI, VOLZ, HUEBER - One hundred years after Vitamin D discovery: Is there clinical evidence for supplementation doses?



A study by J. CHOUKROUN - Risk factors in bone grafting and implantology with low serum levels of vitamin D3