

# Your Amazing Teeth

## Vitamin C: Help For Teeth And Gums

(NAPSA)—Antioxidants: They're not just for mealtime anymore.

While recent research has suggested that antioxidants can play an important role in keeping the body healthy, these all-important compounds have largely been limited to food and nutritional supplements. However, that has been changing, as antioxidants have begun appearing in a variety of products—from cosmetics to oral care—bringing the antioxidant power straight to the surface, where it can be more efficient.

### From C To Shining C

Research has shown that vitamin C is a powerful antioxidant in oral care. By and large, the concern is for patients who don't get enough vitamin C. For instance, according to the American Academy of Periodontology, those who consume less than the recommended dietary allowance for vitamin C have slightly higher rates of periodontal disease.

In oral care products, vitamin C may be of particular benefit to:

- Anyone interested in improving the appearance of gums and preventing bad breath;
- People who use whitening agents; and
- Smokers, who may be particularly vulnerable to high levels of bacteria in their mouth.

### What Took So Long?

Vitamin C in its primary form, ascorbic acid, is generally sensitive to browning and lack of shelf stability, making it less appealing in oral care products. DSM Nutritional Products has formulated



**When used in oral care products, vitamin C has been shown to help improve the appearance of teeth and gums.**

STAY-C® 50, a patented, stable vitamin C compound that will soon be available in oral care products such as mouthwash, toothpaste and cleansing rinses.

### What To Look For

When purchasing a product for antioxidant benefit, it's important to know the "real" names of the ingredients you seek, so you can find them on the label. For instance, vitamin C is usually listed as ascorbic acid, and one of the stable forms is called STAY-C® 50.

In addition, the closer to the beginning of the ingredients list that compound is, the better. If a product claims to be fortified with vitamin C but lists it as the last ingredient (after the natural and artificial colors), the quantity included may be insufficient to provide any additional benefit.