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## SHTF Survival: 7 Vitamins That Help Prevent Dental Emergencies

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We tend to neglect the dental aspects of emergency preparedness. True dental health comes from within your body and teeth via your nutrition levels and enamel hardness comes from the nutrients in your diet.

It's no surprise that the more vitamins and minerals that your body is able to absorb, the healthier you will stay. Maintaining a proper diet that is rich in high protein meats, grains and a combination of fruits and vegetables benefits your overall health.

If a long-term emergency were to occur where your daily vitamin intake suddenly decreases, or you fail to properly care for your teeth because of lack of dental supplies, then your overall health, as well as your teeth may suffer and degrade. As a result, teeth could abscess and cause bacterial infections that can cause serious health conditions. Many preparedness-centered individuals are trying to curb this type of emergency by storing vitamins. Taking vitamins during a long-term emergency will assist in regulating body functions, continued mental alertness, assist in maintaining good eye sight, as well as keep teeth and gums healthy. However, they will do you no good if you do not take them regularly. Some vitamins and minerals to consider for long-term preparedness are:

**General Multivitamin:** This basic multivitamin will provide your body with its basic daily vitamin and minerals. Buying the multivitamin for mature adults will give a person increased levels of certain needed minerals that may further improve health.

**Vitamin A:** Vitamin A is responsible for maintaining healthy gums. Without it, gum infections do not heal as fast and calculus tends to form more quickly under the gums. Lack of vitamin A is also associated with abnormal bone and tooth formation.

**B Complex Vitamins:** These are also a big player in fighting gum disease. B vitamin deficiencies can make gingivitis more severe and cause sores in the gums, tongue and other soft tissues in the mouth.

**Vitamin C:** Without it your gums become more vulnerable to infection, bleeding, and gum disease. A vitamin C deficiency makes whatever gum issues problem you have much worse. If you have periodontal disease, a lack of vitamin C increases bleeding and swelling and accelerates destructive effects. Studies have revealed that people who consume less of Vitamin C tend to be 25% more likely to suffer from gum disease.

**Vitamin D:** This vitamin not only strengthens your immunity against disease, but it also absorbs calcium that is needed for healthy teeth and also assists in keeping the teeth

anchored into their sockets. Vitamin D has been shown to reduce gingivitis because of the anti-inflammatory effects of the vitamin.

**Calcium:** 99% of the calcium in your body is in your bones and your teeth. Dietary calcium is needed to make sure they're in good shape. It is important to understand that the calcium that is present in bones and teeth is constantly in a state of movement. The calcium gets reabsorbed into the bloodstream if levels are low, and it is put back into bones and teeth when levels are higher. This is why Vitamin D is so important because it regulates this entire mechanism. People with low intake of Calcium and vitamin C are more likely to suffer from periodontal disease. Children's teeth need Calcium to develop properly.

**Phosphorus:** Calcium alone cannot take all the credit for proper teeth formation. In fact, about 85% of phosphorus in the body can be found in bones and teeth. It has been found that vitamin D compliments this mineral by boosting it's effectiveness.

### Storing Vitamins

Vitamins tend to expire after a year. However, there has been contradicting information regarding taking medicines and vitamins after the expiration dates have passed. Since the expiration date is probably conservative to ensure full potency, and aimed at the manufacturer and store more than the consumer, taking vitamins passed their expiration date will not put a person in danger. However, the potency of the vitamin may come into question if a person takes it passed their expiration date.

Keeping vitamins in a cool, dark area of the home will ensure they their potency for as long as possible. Over time, vitamins will gradually oxidize, and become less effective. It happens faster if the environment you keep them in is humid (e.g. your kitchen or your bathroom).

### In Summary

Health experts are coming to the conclusion that there is a correlation between vitamins and dental health. Stocking up on vitamins to enhance your overall health and assist in maintaining teeth and preventing dental-related diseases would be a proactive way to prepare for a long-term emergency.

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