

Periodontal Health Protocol

Clinical Protocol to Support Periodontal Health*



Periodontal disease (PD) is a chronic illness characterized by decay or tissue loss of the mouth and gums.^{1,2} PD is associated with an inflammatory response to pathogenic bacteria in the oral cavity.¹⁻³ Oxidative stress is also highly linked to this disease progression.¹⁻³ Pathogens in the oral cavity have been shown to induce overproduction of reactive oxygen species (ROS), potentially leading to periodontal cell disruption and collagen loss.³

PD affects approximately 90% of individuals 65 years of age and older and more than half of young adults.² Risk factors include smoking, poor oral hygiene, genetic factors, some systemic comorbidities, a history of drug use, age-related changes, and certain medications.¹

Epidemiological evidence indicates a higher prevalence of PD in marginalized populations due to lack of access and prohibitive costs of oral health care.¹ If untreated, PD may impair oral function and lead to the loss of dentition and the complications of coinciding conditions.¹

Evidence suggests that certain nutrients and lifestyle factors may support antioxidative status a healthy inflammatory response in the mouth, and age-related periodontal changes.^{1,2} This clinical protocol is designed to support patients with PD, and it includes evidence-based lifestyle and dietary interventions known to support oral wellness.*

Diagnostic Biomarkers and Clinical Indicators of Periodontal Disease

Clinical evaluation includes a thorough history and physical examination. Depending on initial signs and symptoms, evaluation may include:¹

- Complete staging and grading, based on clinical presentation and oral examination

- Additional testing (if warranted):

- X-ray may help determine staging and potential bone loss
- Biopsy may help rule out potential underlying causes of severe disease

Therapeutic Diet and Nutritional Considerations

- Address nutritional deficiencies and consider supplementation targeted to support antioxidative status and immune health.* Certain botanicals and nutrients, such as coenzyme Q10 (CoQ10), have been shown in research to support the body's response to ROS and certain pathogenic microbes.²⁻⁵
- Consider probiotic-rich foods or supplementation with probiotics. Certain probiotic strains, including

Lactobacillus paracasei and *Lactobacillus plantarum* have been shown in research to help support oral microbial balance and periodontal health.^{6,7}

- Certain phytochemicals found in a Mediterranean-type diet, such as resveratrol, have been shown to support antioxidative status, which may support a normal response to inflammation and periodontal health.⁸⁻¹⁰

Lifestyle Interventions

- Provide resources for smoking cessation. Cigarette smoking is strongly associated with oxidative stress and the pathophysiology of PD.¹

- Recommend psychological counseling, such as motivational interviewing, to help improve compliance with oral hygiene practices, if warranted.¹

Supplement Protocol

Primary Support:



| Periommune™ | | PerioBiotic™ Silver | | PerioPull™ | |
|--|--|--|-------------------|---|--|
| Dose | Take 2 lozenges per day. Allow lozenge to dissolve slowly and completely in the mouth and swallow. | Dose | Use twice per day | Dose | Once per day after brushing and flossing |
| Duration | Ongoing | Duration | Ongoing | Duration | Ongoing |
| Formula Highlights | | Formula Highlights | | Formula Highlights | |
| <p>Periommune™ lozenges support oral and immune health in adult populations.* This great-tasting and easily dissolvable formula features a heat-killed probiotic strain of <i>Lactobacillus plantarum</i> (as Immuno-LP20®) and Wellmune®, a proprietary baker's yeast, beta-glucan from the organism <i>Saccharomyces cerevisiae</i>, which has immune-supportive properties.* These strains have been shown to be particularly beneficial for helping to support nasopharyngeal health and a healthy immune response in the mouth.* They may also help promote a healthy oral microbial environment and a healthy oral mucosa, which may help support teeth and gum health.*</p> | | <p>PerioBiotic™ Silver is a toothpaste that features purified silver, coenzyme Q10 (CoQ10), grape seed extract, and Dental-Lac™, a <i>Lactobacillus paracasei</i> probiotic that has been shown in research to help support oral microbial balance and periodontal health. This toothpaste contains no fluoride, sodium lauryl sulfate, or saccharin. It is also free of BPA's, parabens, synthetic colors, gluten, and synthetic sweeteners. PerioBiotic™ Silver may help maintain dental and oral health and may support oral microbial balance. Two flavor options: Lemon or Spearmint.</p> | | <p>PerioPull™ is uniquely designed to help support oral and periodontal health. It features medium-chain triglycerides (MCTs) from coconut oil, geranylgeraniol (GG), bromelain, and coenzyme Q10 (CoQ10) to help support oral wellness. Oil pulling is a traditional Ayurvedic practice and has been shown in recent research to help promote oral health. This practice involves the swishing of 1 teaspoon (approximately 5 mL) of oil in the mouth for a minimum of 5 minutes or as directed by your health-care practitioner. In conjunction with a normal brushing and flossing routine, PerioPull™ may help support oral hygiene and periodontal health when used as recommended. This formula is free of BPA's, parabens, synthetic colors, gluten, sulfates, and synthetic sweeteners. Available in Mint flavor.</p> | |

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---periodontal-disease-support-protocol-references>

Dosing recommendations are given for typical use based on an average 150-pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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