

Advanced Oral Health Supplements

Support healthy gums, strong teeth, and a balanced oral microbiome from the inside - a complement to brushing, flossing, and the dentist.

- Gums
- Teeth
- Oral probiotics
- CoQ10
- Vitamin D

~50%

of adults show some degree of gum disease

700+

microbial species living in the mouth

Vit D

supports gum health and calcium use in teeth

Daily

oral probiotics work best used consistently

What this category covers

Oral health supplements support the mouth's tissues and microbiome from within. Vitamin C and CoQ10 support the collagen-rich gum tissue; calcium, vitamin D, and K2 support the minerals in teeth; and targeted oral probiotics help maintain a balanced population of the bacteria that live on teeth and gums. They are a complement to daily brushing, flossing, and dental visits - not a replacement for them - and are most useful for people prone to gum irritation or dry mouth.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Vitamin D	1,000 - 2,000 IU	Gum health & calcium use in teeth	Moderate
Calcium	500 - 1,000 mg	Primary tooth mineral	Strong
Vitamin C	75 - 500 mg	Gum collagen & tissue repair	Moderate
CoQ10	100 - 200 mg	Gum tissue energy & repair	Moderate
Oral probiotics (S. salivarius)	1 - 2 B CFU	Balances oral microbiome; fresh breath	Moderate
Vitamin K2	90 - 120 mcg	Directs calcium into teeth & bone	Limited
Zinc	8 - 15 mg	Tissue repair & breath	Limited
Magnesium	200 - 400 mg	Works with calcium & vitamin D	Limited

How it helps

Support covers the gums, the teeth, and the bacteria that live on both.



Healthier gums

Vitamin C and CoQ10 support the collagen and repair of gum tissue, which is where most oral problems begin.



Stronger teeth

Calcium, vitamin D, and K2 supply and direct the minerals that keep enamel and the tooth-supporting bone strong.



Balanced oral flora

Beneficial oral probiotic strains help crowd out the bacteria linked to plaque, odor, and gum irritation.



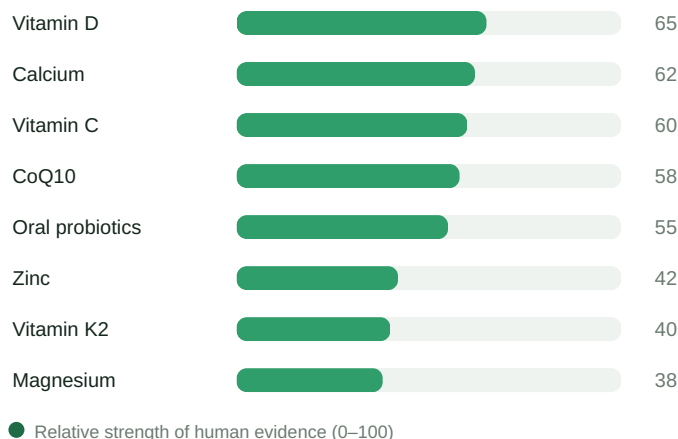
Fresher breath

A more balanced microbiome plus zinc supports fresher breath from the source rather than masking it.

The data at a glance

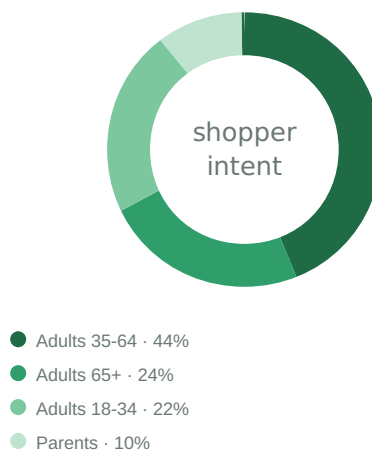
Weight of human evidence by ingredient

Higher = stronger, more consistent clinical support for the oral role.



Who buys this category

Illustrative demand mix by shopper.



Who it's for & how to use

Best for

People prone to gum irritation or bleeding, those with dry mouth or frequent bad breath, and anyone supporting teeth alongside good dental habits.

When to take

Use an oral probiotic lozenge after brushing at night so the strains can settle; take vitamin D and K2 with a meal containing fat.

What to pair

Vitamin C with CoQ10 for gums; calcium with vitamin D and K2 for teeth.

Safety & interactions

- Supplements complement but never replace brushing, flossing, and regular dental checkups.
- Oral probiotic benefits are strain-specific - choose products with strains studied for the mouth.
- Keep calcium within daily targets; excess offers no extra benefit and can cause harm.
- Bleeding gums, pain, or loose teeth need a dentist promptly - don't self-treat with supplements alone.
- Vitamin K2 can interact with warfarin - keep intake consistent and inform your prescriber.

Frequently asked

Can supplements really help my gums?

Nutrients like vitamin C, CoQ10, and vitamin D support gum tissue and its repair, and some studies show benefit. They work best alongside good oral hygiene, not instead of it.

What do oral probiotics do?

Specific strains such as *S. salivarius* help maintain a healthier balance of mouth bacteria, which can support fresher breath and gum comfort.

Is vitamin D linked to teeth?

Yes - it helps you absorb and use calcium, and low vitamin D is associated with poorer gum and periodontal health.

Do I still need to brush and floss?

Absolutely. These supplements are an add-on. Mechanical cleaning and professional care remain the foundation of oral health.

Featured products

Live items from this category, populated from the Tradebee products-read action.

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