

# Dental Health & Nutrition

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Poor dental health puts you at risk of developing **coronary heart disease**, which accounts for more than half of all deaths in the United States.

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## The Link Between Periodontal Disease And Heart Disease Is Serious — And Real.

Nearly three-quarters of Americans over age 35 have some form of periodontal infection; about 10 percent to 15 percent have more severe periodontal disease.

...that in mind, what can you do

**STEP 4: Eat lots of vitamin C-packed foods.** Vitamin C is important in maintaining the structure of blood vessels and is an antioxidant that helps prevent tissue damage in both cardiovascular disease and periodontal disease.



The best sources of vitamin C are citrus fruits like oranges and grapefruits, and vegetables like broccoli, cauliflower, red peppers, and tomatoes.

### CHOOSING THE RIGHT SUPPLEMENT

The three most important issues concerning selecting a vitamin/mineral supplement

**#1. Is the supplement safe to take?** Purchase products that are tested and certified for purity by third party independent agencies. This is the first thing you should check to be certain that what is listed on the label is actually in the product, AND, that the product is safe to take.