

**BioGaia®**  
**Prodentis**

**A balanced microflora in the  
oral cavity is essential for a  
healthy gum and teeth**



**Prodentis probiotic  
for naturally healthier gum**



# Gum disease a silent epidemic

“Gum disease is a major health problem as 60-80% of the population in industrialized countries suffer from gingivitis (bleeding gums) and 10-20% suffers from periodontitis (tooth loss)”

# **BioGaia Prodentis** **is special**

It provides a balanced oral microbiota and as an adjunct for oral health and prevention of:

- **Gingivitis**
- **Periodontitis**
- **Plaque**
- **Peri-Implantitis**
- **Halitosis**
- **Oral Candida**
- **Caries**

# BioGaia®

BioGaia Prodentis contains the natural bacterium *Lactobacillus reuteri* Prodentis DSM 17938 and *Lactobacillus reuteri* ATCC PTA 5289, which were derived from human breast milk and saliva. BioGaia Prodentis has been tested and proven effective through more than 50 clinical studies and suitable for adults, the elderly and pregnant women.



A balanced microflora is essential for a healthy gum & teeth.  
Just chew a lozenge twice a day.

# Gum Disease

**3 of 4** adults  
will experience gum disease  
during their lifetime

Gingivitis is a very common problem that is too often underestimated; when gums are red, irritated, swollen or bleed, you have gingivitis. It is mainly caused by plaque bacteria which penetrate and cause inflammation of the gums.

## More sensitive with age

Oral health is important throughout life but becomes even more important with increasing age. As we get older the function of the immune system is reduced and there is an increased risk of gingival inflammation, making both teeth and gums oversensitive. If ignored, gingivitis can turn into periodontitis.

Some signs of gum disease include:

- Bad breath or bad taste in the mouth
- Teeth that seem to be loose or have shifted position
- Gum tissue that is red, swollen and / or bleeds easily (healthy tissue is pink, has an orange peel appearance and does not bleed)
- Pus between teeth and gums (healthy gums are tight around the tooth and do not bleed)

# **Bacteria from mouth can lead to diseases**

A balance of oral bacteria is of vital importance for our health. Bacteria living in your mouth are very close to your blood supply. When the gums are injured, they can bleed, allowing pathogens access to your bloodstream.

When pathogens enter your bloodstream, it can travel throughout your body and infect almost any organ in your body, including your heart. New research indicates that there is a connection between key bacteria in periodontal disease and many common conditions such as diabetes, obesity, cardiovascular disease and asthma.

*It is also an open way to bring harmful bacteria throughout the body, causing systemic diseases such as:*

*2.5 times increased risk of diabetes*

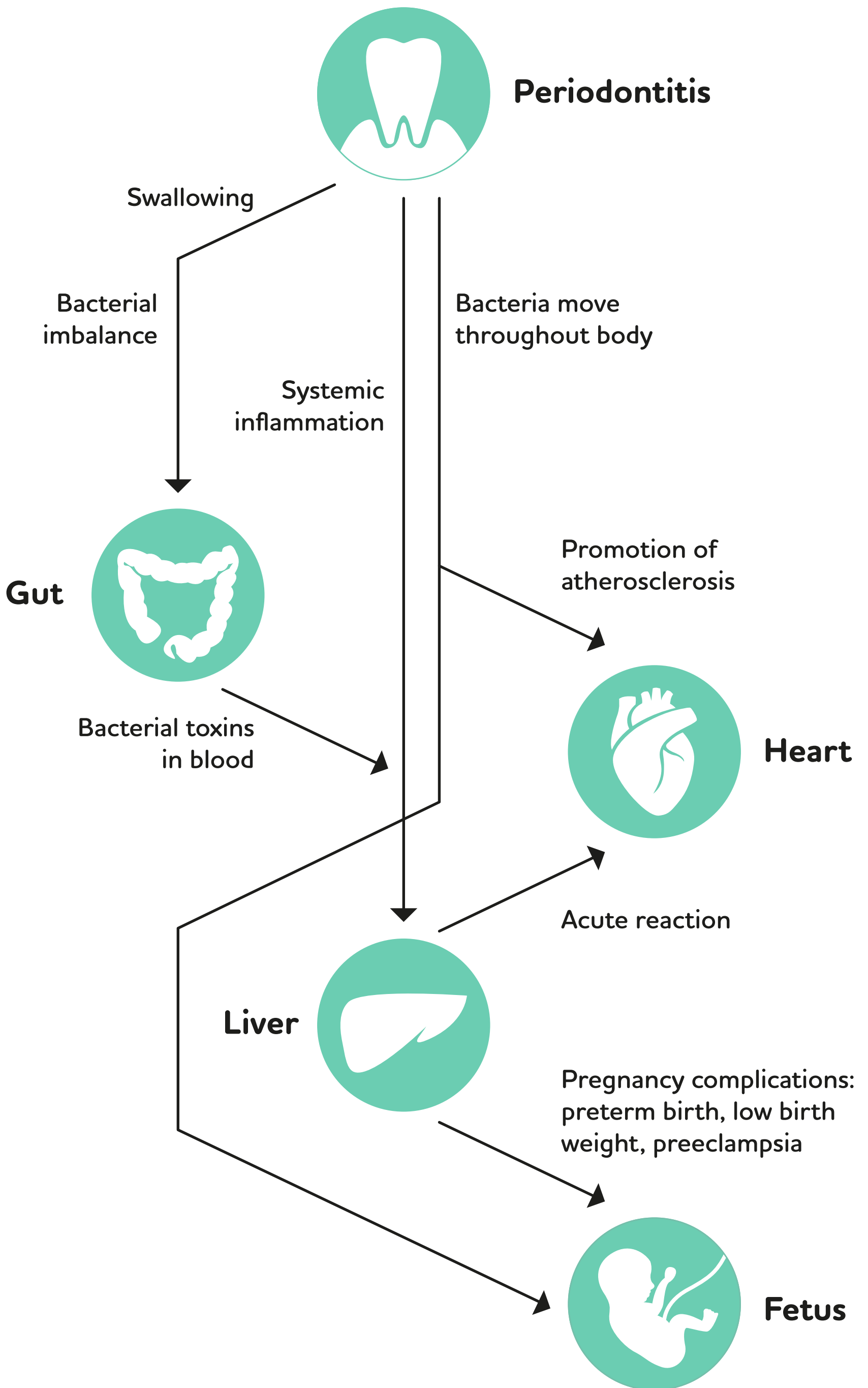
*3 fold increased risk of heart attack*

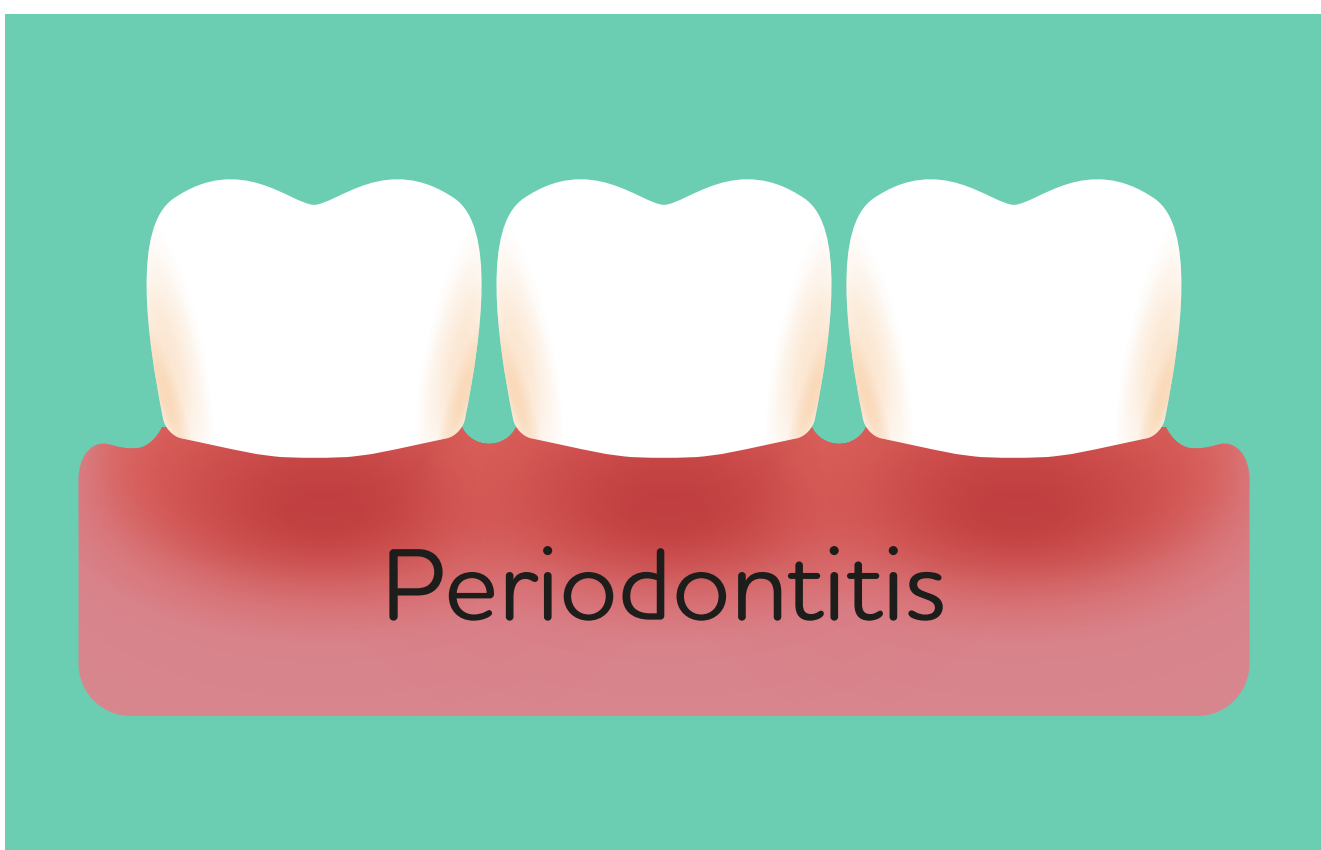
*7 times increased risk of premature birth and low birth weight*

## **Periodontitis**

If gingivitis is not treated in time, there is a risk that it will spread to the bone and ligaments that support the teeth. The gum pockets caused by inflammation become deeper and the bacteria penetrate further down and gradually attack the bone and may result in loosening and subsequent loss of teeth.







# **Bacteria and inflammatory periodontal disease**

Under healthy conditions, the mouth is protected by beneficial microflora (“friendly” bacteria) that acts as a defense system against the harmful plaque bacteria responsible for the onset of gingivitis and tooth decay.

However, oral microflora can be weakened by: poor oral hygiene, an incorrect diet, stress, and other factors, which promote the development of pathogenic bacteria (“bad” bacteria) and consequently gum disease.

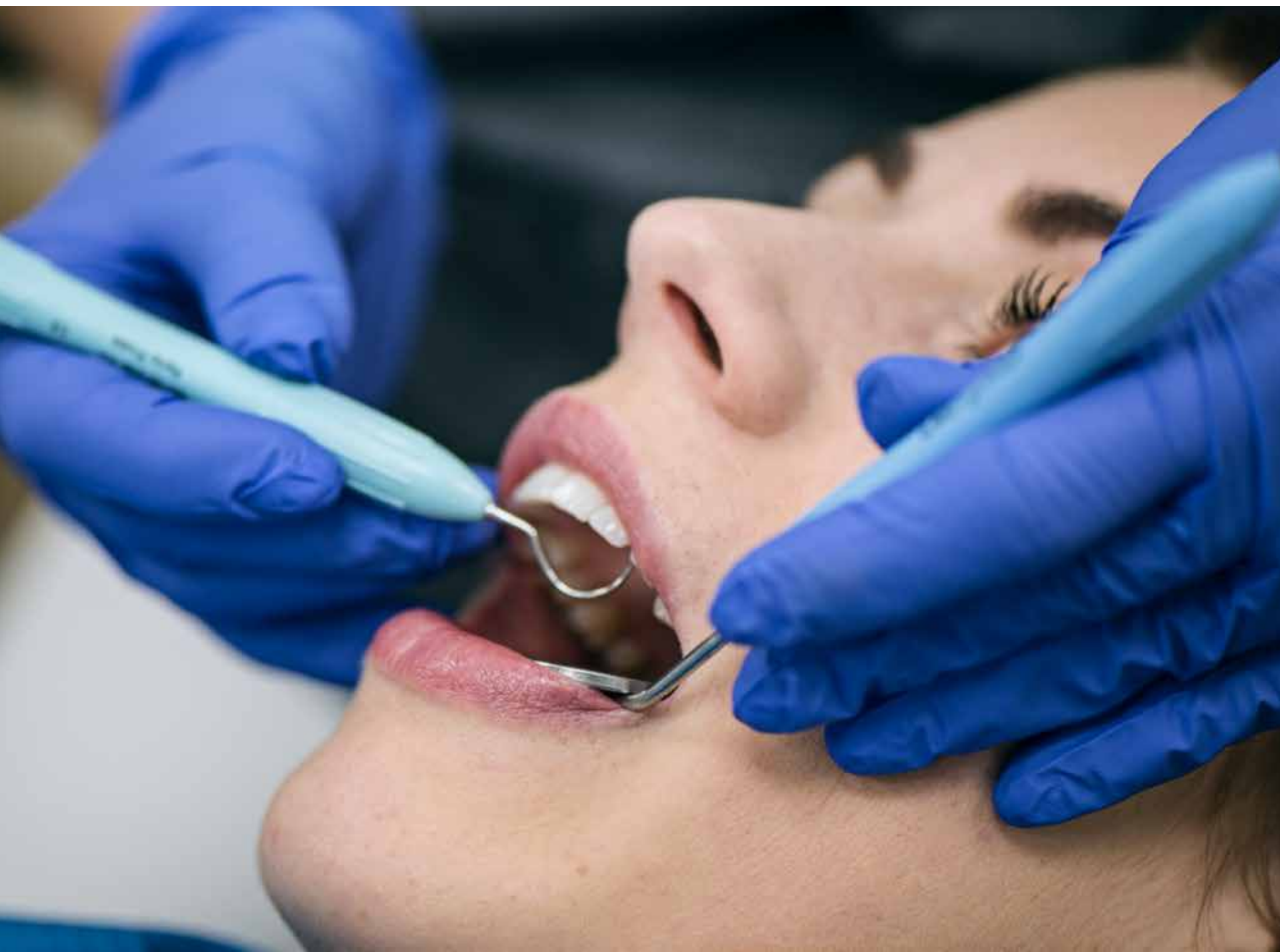
# How to prevent Gingivitis and Periodontitis

There is a lot you can do for yourself and a great deal that your oral hygienist or dentist can help you with. The important thing is to get started in time!

**Check-up.** Your dentist or oral hygienist can determine your pocket depth and the degree of inflammation, and evaluate the condition of the ligaments and bone around the tooth.

## **Professional mechanical cleaning (Scaling and Root Planing: SRP)**

The dental hygienist thoroughly cleans the teeth and removes tartar deposits above and below the gum line in order to reduce inflammation and pocket depth. Severe periodontitis cases may require surgical procedures to clean the teeth and remove infected tissues.



# **Adjunctive therapy: SRP with BioGaia Prodentis**

A balanced oral microflora is vital for healthy teeth and gums. The oral cavity contains around 800 different species of bacteria and there are more than 1 billion bacteria on each tooth. Under normal conditions, these are in balance and protect you from illness, but in case of inflammatory periodontal disease, such as gingivitis and periodontitis, an imbalance has arisen.

SRP alone cannot remove all the “bad” pathogenic bacteria that causes gum diseases. SRP reduces the amount of bacteria, but only temporarily since the pathogens quickly recolonize the treated areas of the oral cavity.

**BioGaia Prodentis** contains 2 complementary strains of live “friendly bacteria” (*Lactobacillus reuteri* Prodentis DSM 17938 & ATCC PTA 5289) They have anti-inflammatory and antimicrobial effects, and inhibit the growth of pathogenic bacteria in the mouth.

Studies have shown that the results of SRP can be significantly improved with the concurrent use of BioGaia Prodentis. In addition, the beneficial effects of professional cleaning are maintained longer.

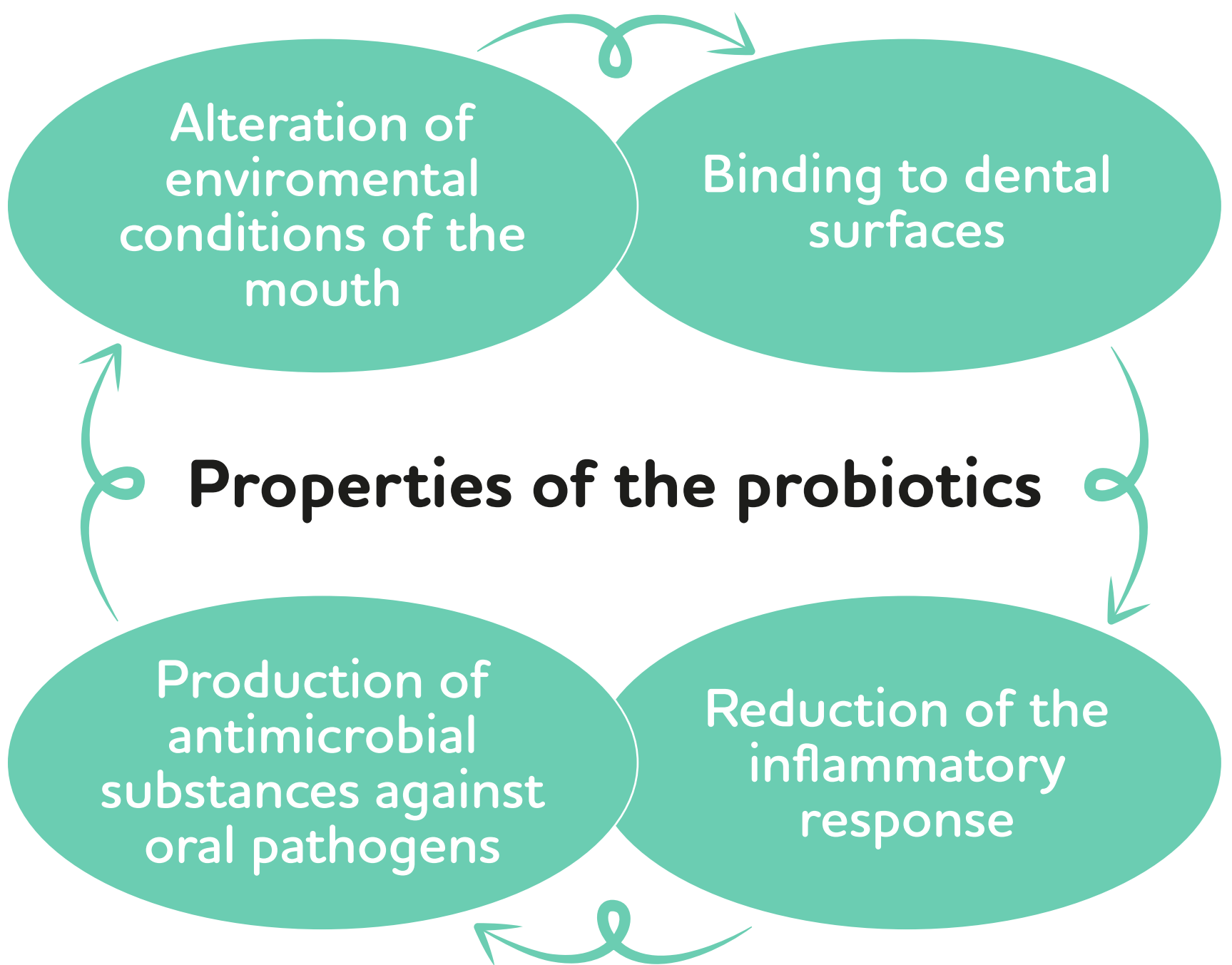
## How to complement with your daily oralcare?

- Use after daily brushing and flossing.
- Take one tablet 1-2 times per day.
- Lozenges come with a refreshing peppermint flavour and provides the recommended dose of 200-400 million active health-promoting *L. reuteri* Prodentis bacteria. This regimen helps to reduce the number of periodontal pathogens and cariogens, thereby improving oral health balance.



# How BioGaia Prodentis works?

Ideal properties of a probiotic intended for use in disorder of the mouth



*“By taking probiotics daily it may be possible to restore the good and natural balance in the mouth and recreate the healthy ecology.”*

Clinical studies have shown the synergistic properties of *L. reuteri* Prodentis in reducing gingivitis, periodontitis, peri-implantitis, halitosis (oral malodour), oral candida and caries.

**Gingivitis**

*L. reuteri* Prodentis reduced bleeding on probing by 85%

**Periodontitis**

Significant reduction of pocket depth in moderate and deep pockets  
47% fewer deep pocket sites in need of surgery with *L. reuteri* Prodentis compared to placebo  
Up to 90% reduction of pathogens with *L. reuteri* Prodentis

**Peri-Implantitis**

*L. reuteri* Prodentis significantly reduction of bleeding on probing and probing pocket depth in implants with peri-implantitis

**Halitosis**

*L. reuteri* Prodentis reduces oral malodour / bad breath

**Oral Candida**

*L. reuteri* Prodentis reduced the prevalence of oral Candida by more than 50% compared to placebo

**Caries**

*L. reuteri* Prodentis is effective in reducing caries-associated *Streptococcus mutans* (*S. mutans*) in children

# Oral health changes during pregnancy

During pregnancy the entire female body goes through changes and this also applies to the oral health. Due to the hormonal and immunological changes, a shift in the oral microbiome often leads to a decline in the oral health status. If not taken care of, the imbalance can lead to dental caries, gingivitis, and periodontitis.



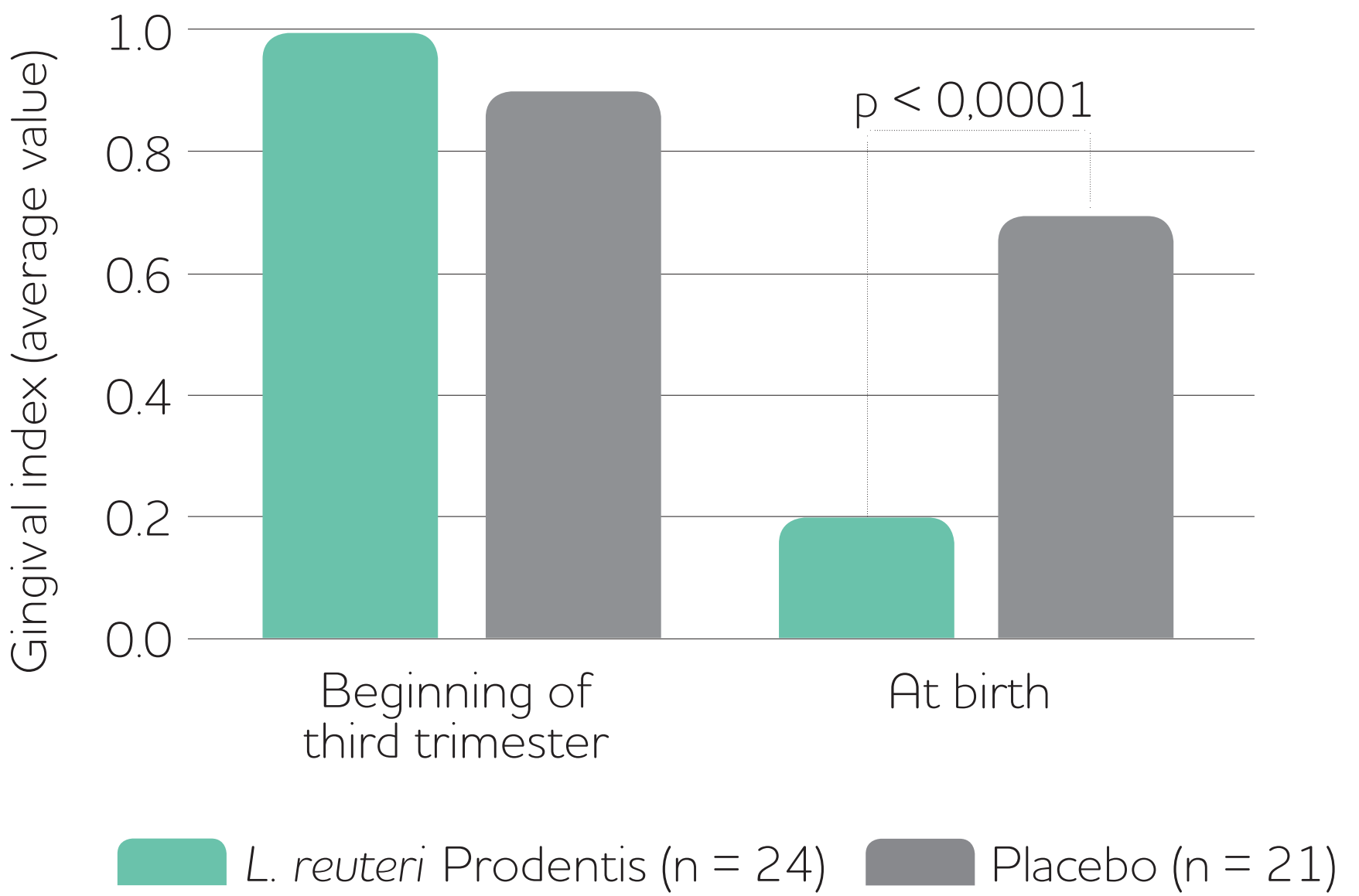
# **Pregnancy gingivitis may affect the child**

Ongoing research is investigating whether there is a connection between the mother's oral health and the health of the child. Studies have suggested that women with pregnancy gingivitis may be more likely to deliver babies prematurely or with a lower birth weight than mothers with healthy gums. However, there are many other factors that can affect the health of a pregnant woman and her child, such as smoking, lifestyle and age.

# *L. reuteri* Prodentis reduces pregnancy gingivitis

A double-blind, randomized, placebo-controlled study on pregnant women with gingivitis showed that supplementation of *L. reuteri* Prodentis significantly reduces inflammation and plaque compared to placebo.

## CHANGE IN GINGIVAL INDEX



# BioGaia Prodentis is safe because it is...

- It is clinically documented in more than 50 studies
- It contains the bacterium *L. reuteri* Prodentis, which occurs naturally in humans
- It is suitable for any age
- It can be used for long periods
- It does not stain teeth
- It does not irritate the oral mucosa
- It can also be taken during pregnancy
- It does not lower the pH of your mouth



**BioGaia®**

A balanced microflora is essential for a healthy gum & teeth.

**Take one or two lozenges a day.**

Approved by MOH  
MAL21126036NCR



Get a free trial sample from your dentist  
( whilst stocks last )

# BioGaia®

Probiotics grounded in evolution  
Driven by science



**pharmaAce**

Distributor for Malaysia and Brunei

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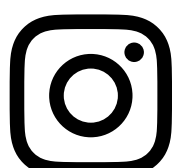
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