



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% suffer 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 (bad breath)**
- **Oral Candida**
- **Caries**

The natural final step in oral care



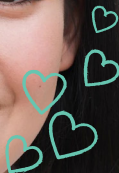
The world's
most studied
probiotic for
oral health

>60 clinical studies
2000 participants

Take one or two lozenges a day.



Suitable for 12 years old onwards, adult,
the elderly and pregnant women



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 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.¹⁻²



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

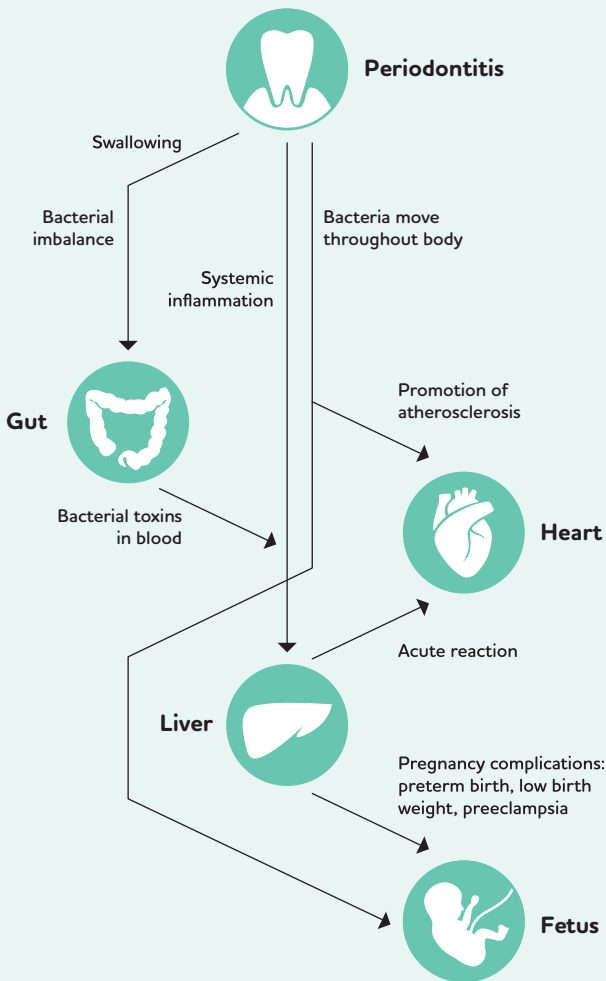
2.5x increased risk of diabetes

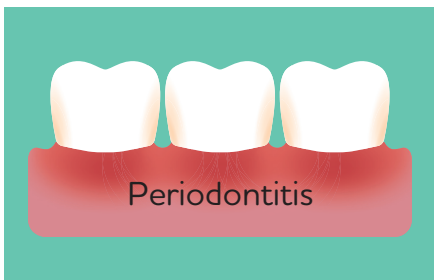
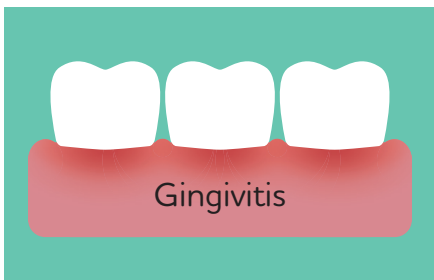
3x fold increased risk of heart attack

7x 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.

About 50% of all adults over the age of 30, and 70% of all over the age of 65, have some form of periodontal disease ^{3,4}

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.



*Limosilactobacillus
reuteri* DSM 17938

**BioGaia
Prodentis**

*Limosilactobacillus
reuteri* ATCC PTA 5289

BioGaia Prodentis contains 2 complementary strains of live “friendly bacteria” *L. reuteri* Prodentis (*Limosilactobacillus reuteri* DSM 17938 & ATCC PTA 5289), which were derived from human breast milk and saliva. 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.

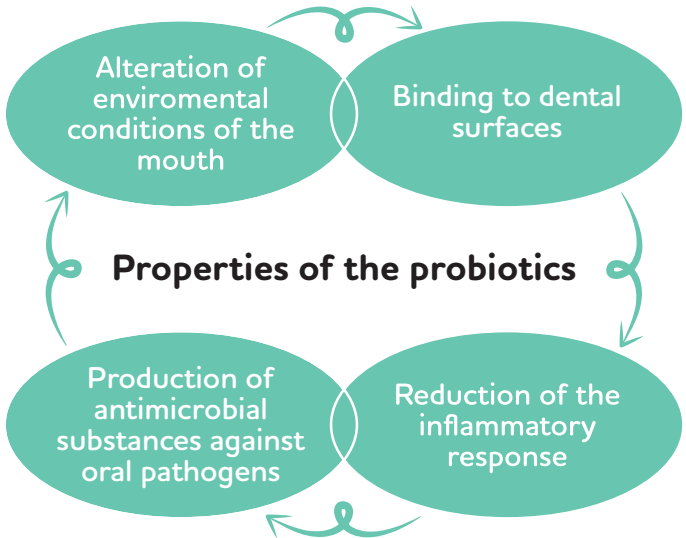
How to complement with your daily oralcare?

- 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.

Complete the oral care routine with a natural final step.

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	<i>L. reuteri</i> Prodentis reduced bleeding on probing by 85% ⁵
Periodontitis	Significant reduction of pocket depth in moderate and deep pockets 47% fewer deep pocket sites in need of surgery with <i>L. reuteri</i> Prodentis compared to placebo ⁶ Up to 90% reduction of pathogens with <i>L. reuteri</i> Prodentis ⁷
Peri-Implantitis	<i>L. reuteri</i> Prodentis significantly reduction of bleeding on probing and probing pocket depth in implants with peri-implantitis ⁸
Halitosis	<i>L. reuteri</i> Prodentis reduces oral malodour/bad breath ⁹
Oral Candida	<i>L. reuteri</i> Prodentis reduced the prevalence of oral Candida by more than 50% compared to placebo ¹⁰
Caries	<i>L. reuteri</i> Prodentis is effective in reducing caries-associated Streptococcus mutans (<i>S. mutans</i>) in children ¹¹



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.

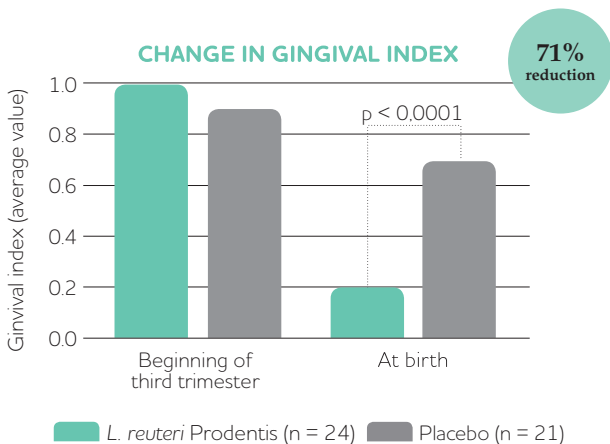
Pregnancy gingivitis may affect the child

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.¹² 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.



BioGaia Prodentis is safe because..

- It is clinically documented in more than 60 studies
- It contains the bacterium *L. reuteri* Prodentis, which occurs naturally in humans
- It is suitable for **12 years old and above**
- 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





Approved by MOH
MAL21126036NCR



Take one or two lozenges a day.

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

**A balanced microflora
is essential for a
healthy gum and teeth.**

BioGaia®

Supporting your invisible heroes

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