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Aloe to healthy teeth and gums

20th Jul 2009

Aloe vera tooth gel is as effective as toothpaste to fight cavities, according to the May/June 2009 issue of *General Dentistry*, the Academy of General Dentistry's (AGD) clinical, peer-reviewed journal.

Aloe vera tooth gel is intended to perform the same function as toothpaste, eliminating pathogenic oral microflora in the mouth. The ability of aloe vera tooth gel to perform that function successfully has been a point of contention for some dental professionals. However, research presented in *General Dentistry* may alleviate that concern.

The study compared the germ-fighting ability of an aloe vera tooth gel with two commercially popular toothpastes and revealed that the aloe vera tooth gel was just as effective, and in some cases more effective, than the commercial brands at controlling cavity-causing organisms.

Aloe latex contains anthraquinones, which are chemical compounds that are used in healing and arresting pain because they are anti-inflammatory in nature. But, because aloe vera tooth gel tends to be less harsh on teeth, as it does not contain the abrasive elements typically found in commercial toothpaste, it is a great alternative for people with sensitive teeth or gums.

However, buyers must beware. Not all aloe vera tooth gel contains the proper form of aloe vera. Products must contain the stabilised gel that is located in the centre of the aloe vera plant in order to be effective. Products must also adhere to certain manufacturing standards.

Dilip George MDS, co-author of the study, explains that aloe 'must not be treated with excessive heat or filtered during the manufacturing process, as this destroys or reduces the effects of certain essential compounds, such as enzymes and polysaccharides'.

Dr George suggests that consumers consult non-profit associations such as the [International Aloe Science Council](#) to see what products have received the organisation's seal of quality. Although there are more than 300 species of the plant, only a few have been used for medicinal purposes.

'Thankfully, consumers with sensitive teeth or gums have a number of choices when it comes to their oral health, and aloe vera is one of them,' says AGD spokesperson Eric Shapria. 'If they are interested in a more alternative approach to oral hygiene, they should speak with their dentist to ensure that it meets the standards of organised dentistry, too.'

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Posted by [ge_leigh](#) 24/7/09 at 12:40

At last some published evidence as to stabilised aloe's usefulness in eliminating pathogenic oral microflora. Preventive dentistry can now be proactive using a plant based natural material that works safely and holistically - as has been empirically/clinically evident for a long time.
Graeme Leigh, Somerset

Posted by [keithtier](#) 17/08/09 at 10:39

A list of correctly manufactured gels and where to purchase them would be most useful.
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