



Pre-, Post- and Probiotics.

Tips for a healthy
oral flora.



1
TIP

„Probiotics“ for your oral health.

Probiotics are preparations with viable micro-organisms that bring health benefits to humans. (Definition: WHO 2001)

Probiotic preparations (medicines, foods, food supplements or cosmetics) have been known and appreciated for a long time, e.g. as probiotic yoghurt to build up the intestinal flora.

Now there are, **brand new**, oral probiotics, such as OraLactin (Cumdente Germany), which contain health-promoting bacterial strains such as lactobacilli and bifidobacteria.

These can prevent caries bacteria that cause tooth decay and periodontitis and are also very effective against bad breath.

Healthy oral flora also protects against high blood pressure, diabetes, vascular calcification, stomach cancer and much more.



Expert-Tip:

Regular use of high-quality oral probiotics such as OraLactin as a powder or chewable pastille can restore the balance of healthy oral flora and support the natural defences.



2 TIP

Who benefits from probiotics and how?

Probiotic bacterial strains (OraLactin) are credited with the formation of regulating, signalling and inhibiting substances that selectively reduce or eliminate pathogenic germs in the oral flora. The „good“ vital bacteria are given more living space and the formation of a healthy oral flora is supported. At the same time the barrier function of the oral mucosa is improved and the immune system is stimulated.

It is particularly recommended to use it as a 15–30 days treatment in preparation for, parallel to or at the latest after dental treatment (e.g. caries, fillings, gingivitis, periodontitis) or prophylaxis.

Also probiotics can help with sensitive mucous membranes or bad breath. Patients with „bad teeth“ or a tendency to gingivitis, periodontitis, implant inflammation or dental and oral diseases. That effect thier general health (or seniors e.g. from the age of 70) can benefit from a preventive probiotics treatment every 3–6 months.

Expert-Tip:

Oral probiotics also support the intestinal flora.



3rd

Probiotics instead of antibacterial mouthwash.

Compared to continuous use of a chlorhexidine-based antibacterial mouthwash, the oral probiotic performs significantly better. Not surprising really, because antibacterial preparations inhibit all bacteria, even the „good“ ones. By the way: probiotics have no side effects.

In addition, there is growing scientific suspicion that mouthwashes with chlorhexidine preparations could be involved in the development of high blood pressure after only one week of use. This is due to the inhibition of important oral bacteria that produce blood pressure-regulating signal molecules.

This danger does not exist with probiotics such as OraLactin. On the contrary, probiotics can be used to rehabilitate the oral flora after use of an antibacterial mouthwash.





4
TIP

How and when to use probiotics?

Probiotics such as OraLactin are available either as a tasty powder in individual sachets or as chewable pastilles. You can either let the chewing pastille melt slowly on your tongue or alternatively sprinkle the sachet contents (powder granules) on the surface your tongue. If you wish, you can also dissolve the powder granules in cold water or fruit juice and rinse the oral cavity thoroughly (at least 1 minute).

The aim is for the probiotic germs to settle permanently on the tongue, from where they can spread throughout the oral cavity and into the gum pockets.

The correct time of application is, for example, after a meal, whereby no antibacterial oral care measures (brushing teeth or mouth rinsing) should take place 2 hours before and after.

Expert-Tip:

Ideal use: daily, e.g. after lunch.



5th

What side effects should I be aware of?

Who is not recommended to take probiotics?

The oral cavity, as part of the digestive tract, is naturally colonised with a very large amount of different bacteria. Probiotics do not usually cause any side effects. There is also no problem of overdosing, as the microbes that are not needed are discarded. Nevertheless, people with weakened immune defences should refrain from using oral probiotics as a precaution.





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TIP

Probiotics are not all the same.

From the microbe to the probiotic.

In order for one or more microorganisms to be used as probiotics, a variety of properties must be established. First, the exact strains and, if applicable, their interaction must be defined.

Each probiotic formulation behaves differently. In addition to ensuring persistence and ability to multiply over the shelf life in the appropriate formulation, there must be evidence of intact passage through the gastrointestinal tract, non-invasive, non-cancerous and non-pathogenic properties, promotion of normal oral flora and much more.

Probiotics should not be „mixed together“ by oneself. Caution is also advised when combining different probiotics.

Expert-Tip:

Each OraLactin treatment has a positive effect for up to 2–3 months.

7
TIP



„Good“ bacteria are part of our health.

We promote this with new prebiotics. New, now daily.

Humans and their bacterial flora have evolved together. A healthy oral flora not only protects us from caries or gingivitis, but also with from general diseases such as high blood pressure, diabetes, strokes, heart attacks, carcinomas and much more.

Prebiotics are special nutrients that selectively promote the growth of „healthy“ bacteria. There is no one who would not benefit from them. New in ApaCare OraLactin toothpaste and mouth rinse.



Expert-Tip:

Daily health „cleaning“: 2–3x daily OraLactin toothpaste.



8^{TIP}

Skilfully direct oral flora: The new postbiotics.

Promote the „good bacteria“ and inhibit pathogens on a daily basis.



New postbiotic preparations use this to specifically give the „good“ bacteria a growth advantage. The „good“ ones gradually overgrow the „pathogens“, a healthy oral flora develops and is stabilised. Daily, automatically when brushing or rinsing your teeth with a postbiotic toothpaste or mouth rinse (ApaCare OraLactin toothpaste 2–3 times a day or ApaCare OraLactin mouth rinse every day).

There are no undesirable side effects.

Expert-Tip:

Pre- and postbiotics are tasteless.
Healthy toothpaste that also tastes good.



9th

Pre-, post- and probiotics complement each other.

Probiotics as a „30-day cure“ on an ad hoc basis to prepare for / accompany or after dental treatment and for susceptible patients.

Pre- and postbiotics **daily**.

The easiest way is to use pre- and postbiotic toothpaste (e.g. ApaCare OraLactin toothpaste).

The pre- and postbiotic mouth rinse (e.g. ApaCare OraLactin mouth rinse) also soothes sensitive or dry oral mucosa and accelerates the healing of soft tissue lesions through natural hyaluronic acid.



Plant foods containing nitrates, e.g. spinach, salads, etc. and secondary plant compounds, especially colouring agents of (blue) berries, enhance pre- and postbiotic effects and also have an anti-inflammatory effect.



Expert-Tip:

Regularly enjoy a portion of blueberries, for example, or spinach in a smoothie.



www.apacare.com

OraLactin

Probiotics
Pre- and Postbiotics



www.oralactin.com

Further guides are available on the following topics, among others:

- ✓ ApaCare Dental Health Guide
- ✓ The 10 most important tips on bad breath
- ✓ The 10 most important tips for periodontitis/gum inflammation
- ✓ The 10 most important tips for white teeth and whitening
- ✓ Top 10 tips for sensitive teeth and wear and tear
- ✓ Top 10 tips for dry mouth
- ✓ Pre, post and probiotics. Groundbreaking tips for healthy oral flora.
- ✓ Chalk teeth enamel formation disorders Hypomineralisation MIH

Download: www.apacare.com/experttips/

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