

General Support for Amalgam Removal

Phase	Supplement	Comments	Client Notes
Phase 1: <u>Nutritional Support</u> prior to amalgam removal 2 or 3 weeks prior to removal	<u>Vitamin B1</u> Oral: 50 mg, 1 cap 3x/day with each meal **Blackmores BioAce contains 10mg of B1	On day of amalgam removal, increase B1 to 500 mg one hour before dentistry. Important in energy metabolism and supports systems that protect against free radicals and reduces pain associated with dental work.	If you are currently taking a higher dose of B1, then remain on the higher dose.
	<u>Vitamin B6</u> Oral: 50 mg, 1 cap per day with breakfast **Blackmores BioAce contains 25mg of B6	On day of amalgam removal increase B6 to 200 mg one hour prior to dental work, and an additional 200 mg afterwards Assists with reducing inflammation and pain	If you are currently taking a higher dose of B6, then remain on the higher dose.
	<u>Vitamin ACE, Selenium, Zinc</u> 1 cap 3x/day	Avoid using Vitamin C for 12 hours before dental work. It will alter effectiveness of dental anaesthetic	Blackmores BioACE includes all these things, plus some herbs including St Mary's thistle. We just need to check you are ok with all ingredients. http://www.blackmores.com.au/products/bio-ace-excell
	<u>Magnesium</u> Oral: 600 mg elemental Mg glycinate per day, taken after dinner or at bed time	Magnesium also plays a role in your body's detoxification processes, important for helping to prevent damage from environmental chemicals, heavy metals and other toxins. Glutathione requires magnesium for its synthesis.	Maybe you are currently on magnesium?
	<u>Glutathione</u> Oral 1 cap 3 x day (200mg)	Powerful antioxidant.	

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Phase 2: Removal - Precautions during amalgam removal	Ensure rubber dams are used and cover is provided for your eyes & clothing Minimal drilling used talk to your dentist about the safe methods they use.		
	<u>Activated Charcoal</u> 1 tablet 3 x day	Activated charcoal can be added the day of removal (immediately prior to extraction) and continued for 15 days.	
	Not necessary however some people use IV Vit C	Vit C - used to reduce inflammation from dental work, detoxify toxicity from anaesthetics and reduce uptake of mercury released from dental work. Anti-inflammatory agent, stimulates the immune system and reduces side effects and aids in the elimination of metals through the bile.	

Dietary recommendations:

- Avoid all seafood for 7 days before and 30 days after amalgam removal.
- Consume a high fibre diet, include fresh parsley and coriander.
- Ensure optimum hydration.
- Eat generous amounts of animal proteins, which provide the basic building blocks (e.g. sulphur) for our major detoxification systems (e.g. glutathione and metallothionein).
- Consume an antioxidant rich diet (refer to table 1 below)

Table 1: Reference:

Xianli Wu, Gary R. Beecher, Joanne M. Holden, David B. Haytowitz, Susan E. Gebhardt, and Ronald L. Prior. Lipophilic and Hydrophilic Antioxidant Capacities of Common Foods in the United States. J. Agric. Food Chem., 52 (12), 4026 -4037, 2004.

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Table 1. Best Sources of Dietary Antioxidants.

Rank	Food item	Serving size	Total antioxidant capacity per serve
1	Small Red Bean (dried)	Half cup	13727
2	Wild blueberry	1 cup	13427
3	Red kidney bean (dried)	Half cup	13259
4	Pinto bean	Half cup	11864
5	Blueberry (cultivated)	1 cup	9019
6	Cranberry	1 cup (whole)	8983
7	Artichoke (cooked)	1 cup (hearts)	7904
8	Blackberry	1 cup	7701
9	Prune	Half cup	7291
10	Raspberry	1 cup	6058
11	Strawberry	1 cup	5938
12	Red Delicious apple	One	5900
13	Granny Smith apple	One	5381
14	Pecan	2 tablespoons	5095
15	Sweet cherry	1 cup	4873
16	Black plum	One	4844
17	Russet potato (cooked)	One	4649
18	Black bean (dried)	Half cup	4181
19	Plum	One	4118
20	Gala apple	One	3903