

# Dental Researches Emphasize *Vitamin D* Need

*International Jl. of Orthodontia, Oral Surgery and Radiography* (Sept. 1929): "The importance of adequate nutrition during the period of growth of teeth and bones is well recognized. It has, however, not been so well recognized that fully developed teeth and bones may also be profoundly influenced as the result of inadequate nutrition. Teeth and bones are not fixed, inert tissues, like the structural iron of a skyscraper, but very live body tissues which can be maintained properly only when the nutritional needs are adequately met."

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*The British Dental Journal* (July 16, 1928): "... vitamin D... enables the ameloblasts and odontoblasts to make use of the circulating calcium and phosphorus and other salts and so to incorporate them in the developing dentine and enamel."

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*Edinburgh Medical Jl.* (March, 1929): "... although the calcium and phosphorus of the diet are essential for tooth formation, their importance is secondary, because the extent to which they can be utilized depends on the presence of vitamin D and the cereal factor." (Note: Certain cereals are believed to exert an anti-calcifying effect.)

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*U. S. Public Health Service Broadcast No. 357*: "The work of preventing dental disease should begin with the diet of the mother even before the birth of the child . . .

"... in preventing disease of the teeth, 'cleanliness is good; diet is vital.'"

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*A leading Austrian authority on metabolism*: "Vitamin D fosters assimilation of calcium and phosphorus, the elements necessary to build and keep teeth strong and firm. This vitamin is present in irradiated fresh yeast."