

Healthy Oral Protocol

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"brush morning and night and add some to floss and place between teeth to remineralize."

**Liquid Chlorophyll**

Take 3 drops, once / day for 3 months

"empty stomach - take in water and swish in mouth before bed to alkalize"

**HMF Intensive Powder**

"swish in mouth with water before swallowing - best before bed"

**Unda Calc fluor 6X Salt**

Take 5 tablets, twice / day for 3 months

"away from food"

**Unda Calcareo Carbonica 6X**

Take 5 tablets, twice / day for 3 months

"away from food"

**Calcium Hydroxyapatite**

Take 1 capsule, once / day with food for 1 month

**Super EFA Forte Capsules**

Take 1 softgel, once / day