



# The Benefits of Green Tea for Dogs' Teeth



Besides brushing a dog's teeth regularly, giving him a supplement containing green tea can significantly reduce tarter build-up and bacteria, prevent cavities and fight gingivitis and gum disease.

The Green Tea Library states that green tea is extracted from the *Camellia sinensis* bush, which contains fluoride – a natural ingredient that helps harden tooth enamel and prevent cavities.

Flouride can also help prevent glucosyltransferase, a disease that encourages the formation of plaque and bacteria. HeavenofTea.com noted that the green tea plant naturally absorbs more fluoride from the environment than other plants. The green tea plant's fluoride comes naturally from its leaves, and can be beneficial when taken as a supplement.

According to Trupanion.com, "Green tea has been shown to kill the bacteria that cause dental caries (cavities), inhibit the activity of the bacteria that live below the gumline and block the attachment of germs to the teeth. Polyphenols in green tea have anti-inflammatory properties, so they reduce gum disease, also known as gingivitis. Finally, green tea helps fight off the erosion of tooth enamel."

As for concerns about the effects of digesting too much flouride, the Centers for Disease Control found that the only downside is fluorosis, which may cause discoloration of the teeth if they are still developing.

Pets.webMD.com found that dental care for dogs can help prevent the buildup of plaque, tartar and calculus. Although pet parents may think they can spot when their dogs are having a toothache, Tony M. Woodward, a veterinary dentist in Colorado, told Pets.webMD, "Pets don't show pain from dental disease." Pets don't paw at their faces or stop eating when they're experiencing dental pain.

Dental problems can be help be prevented before they occur by giving dogs **i Love Dogs GREEN TEA** supplements along with brushing their teeth. All of i Love Dogs' signature vitamins and supplements also contain green tea.

*For more information, visit the i Love Dogs **Fast Facts for Retailers** page at <http://www.ilovedogs.com/retailers>.*