

Did you know ?

Dark Chocolate is good for your teeth

Chocolate has an antibacterial effect on the mouth, as eating pure cocoa has been shown to prevent tooth decay. Which raises the question, why does no one produce chocolate-flavored toothpaste?



Dark chocolate is a good source of polyphenols, natural chemicals that can limit oral bacteria. They are also able to neutralize microorganisms that cause bad breath and prevent some bacteria from turning sugar and starches into acid, which love to wreck havoc on your teeth.

Antioxidants in dark chocolate have been shown to fight periodontal disease. And research suggests it might be better at fighting tooth decay than fluoride. There's also a compound found in chocolate called CBH that could be used in mouthwashes and toothpaste someday.

NEXT →



some researches has even revealed that the cocoa extract is more effective than fluoride in fighting cavities. The compound CBH, a white crystalline powder whose chemical makeup is similar to caffeine, helps harden tooth enamel, making users less susceptible to tooth decay.

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Source-ask the dentist

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