

MERCURY CHELATION PROTOCOL

Restorative & Esthetic Dentistry of the Keys is a **mercury free** dental practice

While amalgam is considered a safe and durable material, it contains a mixture of metals such as silver, copper, tin, and most importantly mercury. While in the course of the procedure we do everything we can to prevent the ingestion of amalgam dust particles including high volume suction and copious amounts of water, a small portion could possibly be ingested. Because our office is committed to delivering the highest quality oral healthcare available, we have developed a protocol to prevent mercury absorption during your amalgam removal procedure.

According to the International Academy of Oral Medicine & Toxicology (IAOMT), patients can use Activated Charcoal to prevent mercury absorption at the time of removal. Most people think of a backyard cookout when they hear the word charcoal, but to an herbalist, charcoal is an important supplement. Man has used charcoal for over 2,000 years because of its ability to absorb poisons and help remove them from the body. Activated charcoal works best for ingested toxins, literally soaking up metals & poisons in the gut in case of accidental swallowing. While it is not to be taken regularly, it is a safe and effective treatment for mercury chelation immediately before & after dental amalgam procedures.

Chelation Protocol:

- Take 4 tablets (2 grams) fifteen minutes before your appointment
- Take 4 tablets (2 grams) fifteen minutes after your appointment

Expect black coloured stools. If you are taking other prescription medicines, take the medicine at least 1-2 hours before chelation. Activated charcoal may decrease absorption of other prescription medicines.