### SHTF Dental Plan Supplies

- Baking soda
- Bentonite clay
- Calcium powder
- Clove essential oil for tooth pain
- Cloves powder
- Colloidal silver or the supplies to make your own homemade
- Dental floss options
  - Thread
  - Embroidery floss
  - Fishing line
  - Pipe cleaners – sizes 3 mm or 4 mm
- Essential oils for flavoring: spearmint, cinnamon, wintergreen, peppermint
- Gum Tonic
- Horsetail capsules/powder
- Hydrogen peroxide
- Oil pulling
  - Coconut oil
  - Olive oil
  - Sunflower oil
  - GuruNanda Pulling Oil
- Redmond Salt
- Stevia powder – for sweetening toothpaste/tooth powder
- Tea Tree Oil
- Xylitol sweetener – For use in toothpaste/tooth powder recipes. Some studies show it’s a powerful ingredient for healthy teeth and gums.