



the Survival MOM[®]

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.