

Can Excess Vitamin C Affect Our Teeth? Dr. James Gainer from Wrightsville Dental Explains

Exploring the Impact of Vitamin C on Dental Health: Insights from Wrightsville Dental



Wilmington, North Carolina Jan 15, 2025 ([Issuewire.com](https://www.issuewire.com)) - In today's health-conscious world, more people are prioritizing their well-being through better dietary choices and supplements. To boost immunity, many turn to simple remedies like lime juice, lemon water, or Vitamin C tablets. While these options are effective, experts, including [Dr. James Gainer, DDS](#), of Wrightsville Dental, warn that excessive or improper use of Vitamin C can sometimes have unintended consequences, including

effects on dental health.

The Balance Between Health and Harm

"Vitamin C is undeniably beneficial for boosting immunity and maintaining overall health," says Dr. Gainer. "However, consuming it in excess, particularly in acidic forms, can harm tooth enamel and gums. It's important to enjoy these health benefits responsibly, ideally under a doctor's guidance, to avoid any negative impact on your teeth."

The Risks of Over-consumption

While Vitamin C strengthens connective tissues and prevents gum diseases, excessive consumption—especially from acidic sources like chewable tablets, citrus juices, or powders—can lead to:

- **Enamel Erosion:** The acidity weakens and erodes the protective layer of your teeth.
- **Tooth Sensitivity:** Damaged enamel exposes sensitive layers, making teeth prone to pain and discomfort.
- **Gum Irritation:** High doses can sometimes irritate soft tissues in the mouth.

How to Protect Your Teeth While Boosting Immunity

To enjoy the benefits of Vitamin C without compromising your dental health, Dr. Gainer advises:

- Opt for less acidic Vitamin C supplements, such as sodium ascorbate.
- Rinse your mouth with water after consuming citrus drinks or Vitamin C tablets.
- Wait at least 30 minutes before brushing your teeth after having something acidic.
- Schedule regular dental checkups to monitor and protect your enamel.

At [Wrightsville Dental](#), we offer advanced treatments like **teeth whitening** and **dental crowns** to restore and maintain your smile if your teeth show signs of damage.

Consult Wrightsville Dental for Expert Care

If you're concerned about how your dietary habits may be affecting your oral health, Dr. James Gainer and the team at Wrightsville Dental are here to help. Whether you need [preventive care](#), cosmetic treatments like teeth whitening, or restorative solutions like dental crowns, we're dedicated to keeping your smile healthy and bright.

Contact Information

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About Wrightsville Dental

Led by Dr. James Gainer, DDS, Wrightsville Dental is committed to delivering top-notch dental care in Wilmington, NC. From routine cleanings to advanced restorative and cosmetic dentistry, the clinic

prioritizes patient comfort and long-term oral health.



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