

Dental Amalgam Removal Protocol

Laboratory assessments (can be drawn by Life Extensions) or your primary care provider (prior to procedure) to ensure fitness for the procedure. See attached lab testing prescription or bring the current blood work if already done.

1. Complete blood count (CBC)
2. Comprehensive metabolic panel (CMP)
3. Renal function-glomerular filtration rate (GFR)
4. Vitamin D level- 25-OH Vitamin D
5. G6PD Blood HBG
6. CPK

Start the following daily regimen 7 days before your dental visit:

(Note: the following are adult dosage)

1. Pure water: 8-10 glasses
2. Vitamin C: 2-3 grams
3. Glutathione (liposomal, standard) 500mg-1000mg or N-Acetyl-Cysteine (NAC):600-1200 mg (check with your doctor)
4. B-complex vitamins
5. CoQ-10: 100-300mg (Ubiquinol)
6. Selenium: 200-300mcg
7. Vitamin E: 200-400 IU
8. Magnesium: 400+ mg

Dental Procedure Day and Post-Procedure Regimen (2 weeks following visit)

(Note: the following are adult dosages)

1. **Activated charcoal:** Take 800-1000 mg right before your dental visit, then 800-1000mg more immediately after the visit. Next day, take another 800-1000mg in the morning and again later in the day. The charcoal can help bind ingested mercury. Stop taking the charcoal on the second day after your visit.
2. **Chlorella:** Swish your mouth with chlorella immediately before and after the dental appointment. You can use either a pre-made solution or make your own by opening a 2000mg capsule into 2 ounces of water. Swish for 30 seconds and spit out. In the evening after your appointment, swish and swallow 1000 mg in 1-2 ounces of water. Continue to take 1000 mg in this manner twice a day for days, Do not take within 2 hours of an activated charcoal dose. The chlorella can help bind and prevent mercury absorption.
3. **Glutathione:** (liposomal, standard): Continue taking 500-1000 mg daily or NAC 600-1200mg daily
4. **Continue taking:** Vitamin E, selenium, CoQ-10, Vitamin C, and B-complex vitamins
5. **Optional medical support:** On the day of your amalgam removal, we may give you intravenous (IV) Vitamin C
6. **Rest :** This is needed after the dental treatment. Do not over- exercise, get plenty of sleep, nap if needed, and take a day off work.
7. **Monitor:** It is imperative that you have no ongoing gingival inflammation or periodontal infections. Discuss how often Dr. Cintron recommends a cleaning for you.

Important Components of a Safe Amalgam Removal Protocol

1. Nasal air supply for the patient, and mercury vapor respirator masks for dentist and assistants
2. Non-latex dam that covers the patients lips and surrounding skin, and nitrile gloves for dentist and assistants
3. Saliva ejector under dam and eye protection for the patient
4. Auxiliary suction devices with mercury filters, and “clean up” dental device
5. Use the cut and chunk method with a dental bur versus grinding the entire filling out with a diamond bit drill