

Additional Nutritional Supplementation Dental & Jaw Rehabilitation

Vitamin D3 + K2 (MK7) all-trans

Combination drops

→ approx. 5000 IU vitamin
D3 per day + 200 µg
vitamin K2

Vitamin C

Ester / Liposomal

→ approx. 1-2 g per day

Omega-3 fatty acids (DHA + EPA)

Fish oil / Algae oil (not capsules; high-quality oil)

→ approx. 2000-5000 mg
per day

Magnesium complex

Citrate / Malate / Bisglycinate / Gluconate /
Ascorbate / Taurinate / Lysinate / Lactate /
possibly L-Threonate

→ approx. 200-400 mg
per day

Zinc complex

Malate, Bisglycinate, Gluconate, Ascorbate,
Lysinate, Acetate, L-methionine sulfate, Picolinate

→ approx. 25 mg per day

Amino acids

full amino acid spectrum,
protein powder or capsules

→ 1-2 g per kg body weight
per day

Collagen (collagen peptides)

hydrolyzed collagen (types I and III)

→ 5-10 g per day

Use, if possible, for at least 6 weeks before until 6 weeks after surgery, followed by an individual dose adjustment for long-term intake. Additional supplementation is tailored individually based on regular testing (rapid tests, blood analyses) and corresponding personalized intake recommendations.