

Pre-Procedure Recommendations

Laboratory assessments run and reviewed by your primary care provider (1 week prior) to ensure fitness for the procedure

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

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

(Note: the following are adult dosages)

1. **Pure water:** 8–10 glasses
2. **Vitamin C:** 2–3 grams
3. **Glutathione** (liposomal, standard): 500 mg–1000 mg or **N-Acetyl-Cysteine** (NAC): 600–1200 mg
4. **B-complex vitamins**
5. **CoQ-10:** 100–300 mg
6. **Selenium:** 200–300 mcg
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 800–1000 mg more immediately after the visit. Next day, take another 800–1000 mg 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 2000-mg 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 5 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** 600–1200 mg 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, the dentist may give you intravenous (IV) vitamin C or a “Myer’s cocktail” (an IV medical treatment containing multiple nutrients).
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 this with your dentist.

Important Components of a Safe Amalgam Removal Protocol

Ask your dentist if they use all of these protective measures before agreeing to any mercury amalgam removal procedures:

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