



# MASTIC GUM

## Healthy Chewing Gum Alternative

*Natural jaw exerciser, breath freshener, bacterial plaque fighter, gum helper, saliva stimulator, tooth whitener - with unique medical benefits!*

### What is mastic gum?

Mastic natural resin or gum is an (originally) liquid product of the evergreen mastic shrub (*Pistacia lentiscus*) and has been traditionally harvested on the Greek island of Chios.

### Mastic's wide-ranging uses

As early as 2500 years ago, mastic was used in Greek medicine for treating diseases such as gastralgia and peptic ulcers, and the ancient Greeks also used it as a chewing gum. To this day mastic is used in many foods and recipes particularly in the cuisine of several Mediterranean countries. Mastic's greatest attraction for people interested in dental health and healing lies in its "chewiness" combined with its anti-microbial qualities. Similarly, to chewing gum, natural mastic can be chewed near-indefinitely without dissolving in the mouth.

### Mastic's medicinal properties

Particularly recent research has shown mastic to be a jack-of-all-trades, demonstrating diverse biomedical and pharmacological activities, among which are:

- anti-bacterial and antifungal effect against microorganisms involved in dental plaque formation (antiplaque), malodor of mouth and saliva, and peptic ulcers - especially antibacterial effects on H- pylori
- protection of low-density lipoprotein (LDL) from oxidation
- symptomatic improvement in functional heartburn and GERD
- antioxidant, antiseptic and anti-inflammatory effects



**Dr. Ilona Fotek**

*Always seeking natural ways to help her patients.*

