**Abstract:** Introduction: Vitamins and minerals are essential in maintain our health, including the health of our mouth. If proper oral hygiene is already being maintained, gingivitis and tooth decay may be caused by an inadequate diet.

**Methods and materials:** A search was performed using keywords "vitamins and minerals" and "oral health" in databases including IDL, google scholar, and Medline from 2007 to 2012.

**Results:** Below are several vitamins and minerals that might have significance in keeping our mouth healthy:

- **Vitamin A** – maintenance of healthy mucous membrane, formation of tooth tissues and maintain salivary flow in the mouth
- **Vitamin B1** – prevent tongue inflammation and discoloration of gum tissues
- **Vitamin B2** – prevent tongue inflammation, cheilosis and inflammation of the mucous membrane of the mouth
- **Vitamin B3** – reduction in symptoms of gingivitis
- **Vitamin B5** – help in healing of oral tissues
- **Vitamin B7** – prevent tongue inflammation and discoloration of oral tissues
- **Vitamin B9** – prevent tongue inflammation, chronic periodontitis and yeast infection
- **Vitamin B12** – prevent tongue inflammation
- **Vitamin C** – prevent all forms of inflammation of the gums. Deficiency can lead to scurvy and poor collagen formation and wound healing
- **Vitamin D** – strengthen the tooth enamel
- **Vitamin E** – healing and restoration of damaged oral tissues
- **Calcium** – reduce symptoms of gingivitis and help heal and restore damaged bone tissues. Prevent early loss of teeth due to osteoporosis

**Other minerals that can impact our mouth health, include:** Iron, Phosphate, Fluoride, Magnesium, Zinc and Iodine.

**Keywords:** Vitamin- mineral- oral health

**Presentation:** Poster