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# Protecting teeth with coconut oil products

Dental cleaning products made from virgin coconut oil could help prevent tooth decay.



Appearance of dental plaque stained with disclosing tablet (pink colour) on patient's anterior teeth.



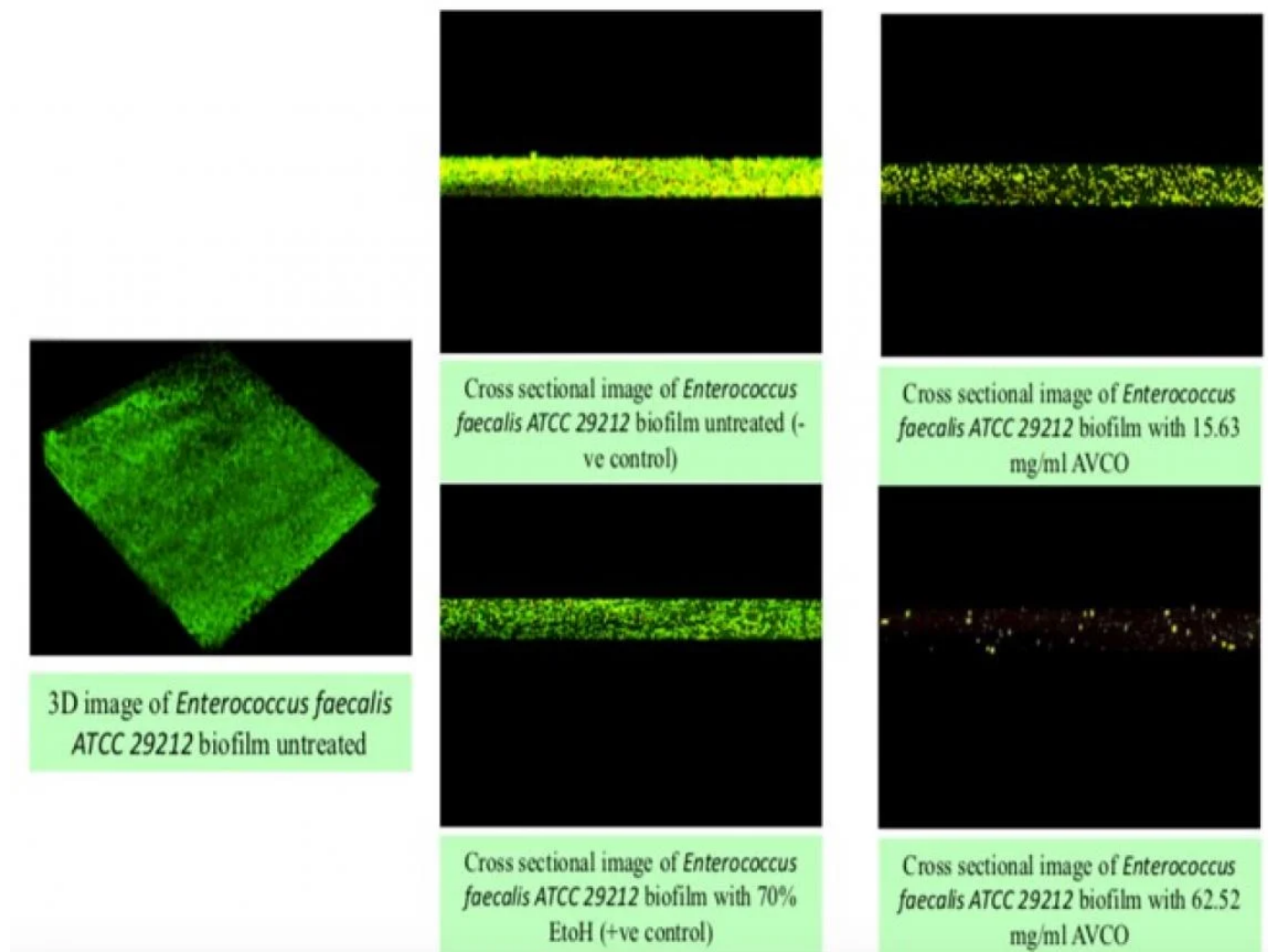
Appearance of dental plaque stained with disclosing tablet (pink colour) on patient's tongue and occlusal surface of teeth.

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## ANTIMICROBIAL TESTS ON ORAL PATHOGENS

Researchers at International Islamic University Malaysia have developed a mouthwash and tooth varnish made from virgin coconut oil to defend against oral health problems. Led by Dr Zurainie Binti Abllah, the researchers say their products could help prevent tooth decay.

Chemical mouthwash is often used as a method for mechanical plaque control. However, it is only recommended for adults. Researchers have been looking into more natural alternatives to chemical mouthwash that are suitable for all age groups and do not have any side effects from prolonged use.



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The antibacterial mouthwash aims to reduce the bacterial counts in dental plaque that can cause dental caries. Without the accumulation of bacteria, it would be lesser dental caries formation. Therefore, it helps the population to have better dental health. It is proven in lab study that virgin coconut oil in form of mouthwash could arrest the bacteria that can caused dental caries.

Antibacterial tooth-cleaning products derived from virgin coconut oil do not currently exist on the market. The product developed by Abllah and her team use a *hala*/emulsion to mix the oil with water, making them shariah-compliant and providing a trustworthy alternative for Muslim users.

Microbial strain	VCO			AVCO			Chlorhexidine			p-value
	ZI (>200mg/disc mm)	MIC (mg/ml)	MBC (mg/ml)	ZI (20mg/disc mm)	MIC (mg/ml)	MBC (mg/ml)	ZI (20mg/disc mm)	MIC (mg/ml)	MBC (mg/ml)	
<i>Streptococcus mutans</i> ATCC 25175	ND	>5000.00	ND	15.00 ± 0.30	6.24	24.96	8.04 ± 0.20	24.96	199.68	<0.001
<i>Enterococcus Faecalis</i> ATCC 29212	ND	>5000.00	ND	27.20 ± 0.10	0.39	0.78	8.00 ± 0.20	12.48	99.84	<0.001
<i>Lactobacillus casei</i> ATCC 334	ND	>5000.00	ND	10.00 ± 0.30	0.78	1.56	ND	ND	ND	<0.001
	ZI (>200mg/disc mm)	MIC (mg/ml)	MFC (mg/ml)	ZI (20mg/disc mm)	MIC (mg/ml)	MFC (mg/ml)	ZI (20mg/disc mm)	MIC (mg/ml)	MFC (mg/ml)	
<i>Candida Albicans</i> ATCC 4901	ND	>5000.00	ND	11.03 ± 0.30	3.24	6.24	ND	ND	ND	<0.001

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#### ANTIMICROBIAL TESTS ON ORAL PATHOGENS

The coconut-oil-based products are made from locally sourced coconuts, which are naturally abundant in rural parts of Malaysia and are known for their inherent antibacterial, antiviral and antifungal properties. This and similar projects could help boost economic growth among Malaysia's rural populations.

The product uses a halal emulsion to mix the oil with water, making them shariah-compliant and providing a trustworthy alternative for Muslim users.

Dr. Zurainie Abllah

The product has been tested in the lab and currently the researchers are working towards a randomized clinical trial.

For more information, please contact Dr. Zurainie Abllah at [drzura@iium.edu.my](mailto:drzura@iium.edu.my) (<mailto:drzura@iium.edu.my>)

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**Institution:**

International Islamic University Malaysia (IIUM) (/content/international-islamic-university-malaysia-iium)

**Contact details:**

 International Islamic University Malaysia  
53100 Gombak Campus  
Selangor Darul Ehsan  
 [rescentre@iium.edu.my](mailto:rescentre@iium.edu.my) (mailto:rescentre@iium.edu.my)  
 +603 6421 5002/5010

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