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## Healthy gums

[The University of Birmingham, United Kingdom](#)

## Heart health

[University of Graz, Austria](#)

[University of Witten-Herdecke, Germany](#)

[University of Milan, Italy](#)

[University of Milan, Italy Abstract](#)

[Tokyo Women's Medical University, Japan](#)

[Foggia, Italy](#)

[University of Maryland School of Medicine](#)

[University of Sydney, Australia](#)

[Vanderbilt University School of Medicine](#)

## Immune System

[Charité University Medical Centre, Berlin, Germany](#)

[Medical University of Graz, Austria,](#)

[University of Florida](#)

[University of Arizona](#)

## DNA

[University of South Carolina](#)

[University of Florida](#)

[Brigham Young University](#)

## Oxidative Stress

[University of Texas/MD Anderson Cancer Center](#)

[Nemours Children's Clinic](#)

[Tokyo Women's Medical University, Japan](#)

[Medical University of Vienna, Austria](#)

[University of South Carolina](#)

[University of Florida](#)

[Georgetown/UCLA](#)

[University of Sydney, Australia](#)

[King's College, London, England](#)

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[University of Texas Health Science Center](#)  
[University of Witten-Herdecke, Germany](#)  
[Vanderbilt University-School of Medicine](#)  
[Medical University of Graz, Austria](#)  
[University of North Carolina, Greensboro](#) (first study)  
[University of North Carolina, Greensboro](#) (second study)

### **Healthy Skin**

[University of Witten-Herdecke, Germany](#)

### **Systemic inflammation.**

[University of South Carolina](#)  
[Medical University of Graz](#)

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