



If you're mewing/getting ortho and aren't megadosing vit C you're doing it wrong.

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If you're mewing/getting ortho and aren't megadosing vit C you're doing it wrong.

Thread Modes



Titania
Newbie

Posts: 6
Threads: 3
Joined: Mar 2016
Reputation: **10**

03-27-2016, 10:51 PM

#1

Vitamin C has shown to significantly increase the rate of change in orthodontics by enabling osteogenesis. In an experiment performed on rats the tooth movement increased by at least 20% (3.61 case vs 2.96 control, they don't mention if there is already a distance beforehand.) Osteoclast counts were almost 40% higher in the case group (only 0.036p though since the standard dev was high).

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4754566/>
Some of the references are also worth noting.

It seems high vit c might induced copper deficiency could undo the positive effect so taking enough copper would probably be a good idea, especially if one is already supplementing zinc. Also remember that Vitamin K induces osteoclast apoptosis. Since you actually want to change bone this doesn't help you much for moving teeth/bone and taking a lot of vit C should counteract the effect.

On a side note (since you're now running osteogenesis game anyway):
Permalighting (with the help of some device, for instance a mandibular advancement device used in sleep apnea treatment) actually induces remodelling of the condylars.
Again a rat study with bite-jumping devices:
<http://www.ncbi.nlm.nih.gov/pubmed/15366378>

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03-28-2016, 07:00 PM

#2



LooksMoneyStatus

Super Poster



Posts: 1,022
Threads: 72
Joined: Mar 2016
Reputation: **800**

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Thank you for that information and thank you Rat A and Rat B for testing.
I just bought some Vitamine C.

mass-action is the cure-all

you're cool

StraxcityIsGod wrote: Wrote: →

(09-01-2015, 07:34 PM)

Physique is one of the things everyone should have. Even Lachowski is somewhat defined. It's not the most important thing, but it's a basic, and if you're neglecting it then you're not serious about being the best you can be:

Good tan, Good hair, White, straight teeth, Great body, Clear skin
You can't pick and choose. If you're serious, you should be attaining them all.

<<<====LEGIT CAPS LOCK CREW SOLDIER====>>>

Young? Read about my mistakes so you wont make them.

Old? Read about how to recover.

I'm an Oldcell and this is my official COPE thread. (updated 17/05)

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bradleystonem

Banned

Posts: 51
Threads: 0
Joined: Mar 2016

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03-29-2016, 06:51 PM

#3

LooksMoneyStatus Wrote: →

(03-28-2016, 07:00 PM)

Thank you for that information and **thank you Rat A and Rat B for testing.**
I just bought some Vitamine C.

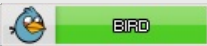


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Brutus

Monster Poster



Posts: 6,216
Threads: 706
Joined: Aug 2015
Reputation: **1,446**

03-29-2016, 09:40 PM

#4

ortho is cope





From picked-last-in-gym to beta provider

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vanillestorms
Banned

Posts: 2,976
Threads: 246
Joined: Jan 2016

03-30-2016, 10:53 AM

#5

Brutus Wrote: →

(03-29-2016, 09:40 PM)

ortho is cope



From picked-last-in-gym to beta provider

future male model

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03-30-2016, 12:17 PM

#6



P.T. Dognum
Senior Member



Posts: 749
Threads: 8
Joined: Mar 2016
Reputation: **431**

Brutus Wrote: →

(03-29-2016, 09:40 PM)

ortho is cope



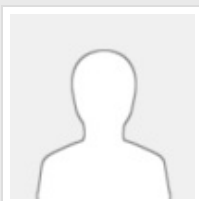
From picked-last-in-gym to beta provider

His head posture is significantly different. He tilted his head backwards in the before.

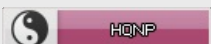


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Cope as fuck
Member



Posts: 198

03-30-2016, 04:00 PM

#7

Brutus Wrote: →

(03-29-2016, 09:40 PM)

ortho is cope



From picked-last-in-gym to beta provider



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04-02-2016, 05:10 AM

#8



Chupacabra ●
Senior Member



Posts: 965
Threads: 50
Joined: Feb 2016
Reputation: 209

Brutus Wrote: →

(03-29-2016, 09:40 PM)

ortho is cope



From picked-last-in-gym to beta provider

fuck outta here with your bluepill. still havent followed through with your jaw surgery because you're scared?

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Anchilles Member



Posts: 102
Threads: 11
Joined: Aug 2016
Reputation: **22**

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08-14-2016, 12:26 AM

#9

i don't get it can someone explain it to me with simple words?

"The only true wisdom is in knowing you know nothing."

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Psychopath Member



Posts: 244

08-15-2016, 03:44 PM

#10

How much Vitamin C was used in the study?

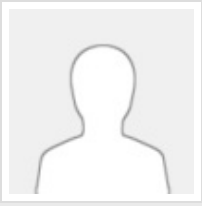
How to become Alpha:

- 1) Mewing
- 2) Intermittent Fasting
- 3) Dopamine Abstinence
- 4) Sexual Abstinence
- 5) Cold Showers
- 6) High Intensity Interval Training
- 7) Dominant Body Posture
- 8) 8 Hours Sleep (No Pillow)

Threads: 49
Joined: Jul 2016
Reputation: **46**

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:=) ●
Super Poster
☆☆☆

Posts: 1,509
Threads: 145
Joined: Aug 2015
Reputation: **65**

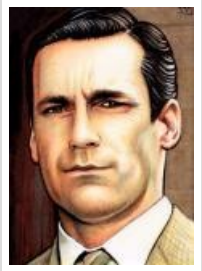
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08-16-2016, 11:48 AM (This post was last modified: 11-13-2016, 09:50 AM by :=).)

#11

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BrightTiger ●
Senior Member
☆☆

Posts: 721
Threads: 70
Joined: Mar 2016
Reputation: **425**

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01-02-2017, 02:22 PM

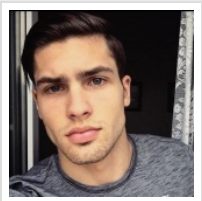
#12

bump

-
-
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-



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noplay ●
Banned

Posts: 58
Threads: 1
Joined: Jan 2017

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01-03-2017, 04:54 PM

#13

FUCK YOU

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01-14-2017, 06:11 PM

#14

I eat about 9 clementines every day and eat alot of fruits/veggies throught the day, do i still need to mega dose with supplements or am i alright?? IM prettu sure my vit c levels are already really high because of my diet



Giantphallus ●

Member



Posts: 128
Threads: 5
Joined: Jan 2017
Reputation: **21**


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