



ABRASIVENESS INDEX OF COMMON TOOTHPASTES

As you know toothpaste is essential for oral health but some pastes can also cause problems. Many types of toothpaste are too abrasive and actually strip away tooth enamel which never grows back. The teeth may become sensitive when tooth enamel is worn away. Toothpaste's abrasiveness is measured by its Relative Dentin Abrasivity (RDA). The table below shows the RDA of some common toothpaste's. We suggest that you use toothpastes with the lowest RDA ratings. In addition to finding a toothpaste that is minimally abrasive, we suggesting finding one with fluoride. Fluoride helps strengthen enamel and prevent cavities. Toothpaste contains abrasives which help clean teeth. Unfortunately, these

abrasives can sometimes strip away tooth enamel, making teeth sensitive to heat, cold, and sweets.

A secondary problem from the abrasiveness of the paste is notching of the tooth at the gum line causing a structural compromise. Often a filling is necessary to protect the future integrity of the tooth. Again, selecting a paste with a low RDA can prevent both sensitivity and structural compromises that can cause the need for future restorative dentistry.

Toothpaste	RDA Value	Toothpaste	RDA Value	Toothpaste	RDA Value
Livionex	0	Supersmile	62	Crest Sensitivity Protection	107
Toothbrush with water	4	Rembrandt Mint	63	Topex ReNew	109
Plain Baking Soda	7	Colgate Prevident 5000 Plus	65	Colgate Tart.Cont. & Peroxide	109
Arm&H Tooth Powder	8	Colgate Enamel Adv. White	65	Colgate Herbal	110
Weleda Salt Toothpaste	15	Crest with Scope Whitening	65	Amway Glister	110
CariFree CTx4Gel	18.5	Colgate Regular	68	Aquafresh Whitening	113
CariFree CTx3 Gel	18.5	Colgate Total	70	Arm&H Adv. White Gel	117
Elmex Sensitive Plus	30	Arm&H Adv.White Sensitive	70	Arm&H Sens. Tartar Control	117
Weleda Plant Tooth Gel	30	Colgate 2-in-1 Fresh Mint	70	Fluoridex Daily Defense	117
Sensodyne Pronamel	34	Crest Rejuvenating Effect Gel	74	Close Up with Baking Soda	120
Arm&H Dental Care	35	Prevident 5000 Booster	75	Crest Extra White Tartar Prot.	120
Weleda Children's Tooth Gel	40	Sensodyne	79	Colgate Whitening	124
Arm&H Mentadent Adv. Wte	42	Aim	80	Crest Maximum Sensitivity	126
Squiggle Enamel Saver	44	Biotene Paste with Fluoride	80	Crest Extra Whitening	130
Weleda Calendula Toothpaste	45	Colgate Sensitive Max	83	Earthpaste	130
Weleda Pink Paste w/Ratanha	45	Aquafresh Sensitive	91	Ultra Brite	133
Oxyfresh	45	Tom's of Maine Regular	93	Crest MultiCare Fresh Mint	139
Arm&H DentalCare Sensitive	48	Rembrandt Plus	94	Crest ProHealth	140
Tom's of Maine Sensitive	49	Plus White	94	Crest MultiCare Whitening	144
Arm&H Peroxicare Tart.Cont	49	Oxyfresh with Fluoride	95	Colgate Baking Soda White	145
Crest with Scope	51	Crest Regular	95	Ultra Brite Adv. Whitening	146
Arm&H Peroxicare Regular	52	Oxyfresh Powder	97	Pepsodent	150
Healthy Teeth and Gums	52	Colgate Enamel Care Natural	100	Crest Rejuvenating Effects	155
Rembrandt Original	53	Colgate Optic White	100	Colgate Tartar Control	165
Closys	53	Natural White	101	Crest Pro Gum Protection	170
Arm&H Dental Care PM Mnt	54	Mentadent	103	Crest Pro Sensitive Enamel	170
PerioSciences White Care	57	Arm&H Sensations	103	Colgate Luminous	175
Tom's of Maine Children's	57	Sensodyne Extra White	104	Colgate Tartar Control White	200
Biotene Gel	60	Colgate Platinum	106	FDA Recommended Limit	200
Clinpro 5000	62	Arm&H Extreme White	106	ADA Recommended Limit	250

The RDA table: 0-70: Low Abrasive, 70-100: Medium Abrasive, 100-150: Highly Abrasive, 150-250: Regarded as Harmful