

## Abrasivity of Common Toothpastes

### *RDA - Dentifrice brand and variety*

04 ADA reference toothbrush and plain water	94 Rembrandt Plus
07 plain baking soda	94 Plus White
08 Arm & Hammer Tooth Powder	95 Crest Regular
15 Weleda Salt	95 Oxyfresh with Fluoride
30 Elmex Sensitive Plus	97 Oxyfresh Powder
30 Weleda Plant Tooth Gel	101 Natural White
35 Arm & Hammer Dental Care	103 Mentadent
40 Weleda Childrens Tooth Gel	103 Arm & Hammer Sensation
42 Arm & Hammer Advance White Baking Soda Peroxide	104 Sensodyne Extra Whitening
44 Squigle Enamel Saver	106 Colgate Platinum
45 Oxyfresh	106 Arm & Hammer Advance White Paste
45 Weleda Calendeela Toothpaste	107 Crest Sensitivity Protection
45 Weleda Pink Toothpaste with Ratanhia	110 Colgate Herbal
48 Arm & Hammer Dental Care Sensitive	110 Amway Glister
49 Arm & Hammer Peroxicare Tartar Control	113 Aquafresh Whitening
49 Tom's of Maine Sensitive (given as 40's)	117 Arm & Hammer Advance White Gel
52 Arm & Hammer Peroxicare Regular	117 Arm & Hammer Sensation Tartar Control
53 Rembrandt Original ("RDA")	120 Close-Up with Baking Soda (Canadian)
53 CloSYS	124 Colgate Whitening
54 Arm & Hammer Dental Care PM Bold Mint	130 Crest Extra Whitening
57 Tom's of Maine Children's, Wintermint	133 Ultra brite
62 Supersmile	144 Crest MultiCare Whitening
63 Rembrandt Mint ("Hefferren RDA")	145 Colgate Baking Soda Whitening
68 Colgate Regular	145 Ultra brite Advanced Whitening Formula
70 Colgate Total	150 Pepsodent
70 Arm & Hammer Advance White Sensitive	165 Colgate Tartar Control
70 Colgate 2-in-1 Fresh Mint	168 Arm & Hammer Dental Care PM Fresh Mint
78 Biotene	170 Crest Prohealth
79 Sensodyne	175 Colgate Luminous
80 AIM	200 Colgate 2-in-1 Tartar Control/Whitening or Icy Blast/Whitening
80 Close-Up	200 FDA recommended limit
82 Under the Gum	250 ADA recommended limit
83 Colgate Sensitive Maximum Strength	
87 Natures Gate	
91 Aquafresh Sensitive	
93 Tom's of Maine Regular	

#### **The RDA Table:**

**0-70 = Low Abrasive**

**70-100 = Medium Abrasive**

**100-150 = Highly Abrasive**

**150-250 = regarded as harmful limit**