Abrasivity of Common Toothpastes

*RDA - Dentifrice brand and variety*

<table>
<thead>
<tr>
<th>Abrasivity Level</th>
<th>Toothpaste(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-70</td>
<td>Low Abrasive</td>
</tr>
<tr>
<td>70-100</td>
<td>Medium Abrasive</td>
</tr>
<tr>
<td>100-150</td>
<td>Highly Abrasive</td>
</tr>
<tr>
<td>150-250</td>
<td>Regarded as harmful limit</td>
</tr>
</tbody>
</table>

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

**The RDA Table:**

0-70 = Low Abrasive
70-100 = Medium Abrasive
100-150 = Highly Abrasive
150-250 = regarded as harmful limit