

# Abrasivity of Common Toothpastes

*RDA - Dentifrice brand and variety*

## **The RDA Table Key:**

**0-70** = Low Abrasive

**70-100** = Medium Abrasive

**100-150** = Highly Abrasive

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

<b>04</b> - ADA reference toothbrush w/ plain H <sub>2</sub> O	<b>87</b> - Natures Gate
<b>07</b> - Plain baking soda	<b>91</b> - Aquafresh Sensitive
<b>08</b> - Arm & Hammer Tooth Powder	<b>93</b> - Tom's of Maine Regular
<b>15</b> - Weleda Salt	<b>94</b> - Rembrandt Plus
<b>30</b> - Carifree CTx4 Gel 1100/5000	<b>94</b> - Plus White
<b>30</b> - Carifree CTx3 Gel	<b>95</b> - Crest Regular
<b>30</b> - Elmex Sensitive Plus	<b>95</b> - Oxyfresh with Fluoride
<b>30</b> - Weleda Plant Tooth Gel	<b>97</b> - Oxyfresh Powder
<b>35</b> - Arm & Hammer Dental Care	<b>101</b> - Natural White
<b>40</b> - Weleda Childrens Tooth Gel	<b>103</b> - Mentadent
<b>42</b> - Arm & Hammer Advance White Baking Soda Peroxide	<b>103</b> - Arm & Hammer Sensation
<b>44</b> - Squigle Enamel Saver	<b>104</b> - Sensodyne Extra Whitening
<b>45</b> - Oxyfresh	<b>106</b> - Colgate Platinum
<b>45</b> - Weleda Calendeela Toothpaste	<b>106</b> - Arm & Hammer Advance White Paste
<b>45</b> - Weleda Pink Toothpaste with Ratanhia	<b>107</b> - Crest Sensitivity Protection
<b>48</b> - Arm & Hammer Dental Care Sensitive	<b>110</b> - Colgate Herbal
<b>49</b> - Arm & Hammer Peroxicare Tartar Control	<b>110</b> - Amway Glister
<b>49</b> - Tom's of Maine Sensitive (given as 40's)	<b>113</b> - Aquafresh Whitening
<b>52</b> - Arm & Hammer Peroxicare Regular	<b>117</b> - Arm & Hammer Advance White Gel
<b>53</b> - Rembrandt Original ("RDA")	<b>117</b> - Arm & Hammer Sensation Tartar Control
<b>53</b> - CloSYS	<b>120</b> - Close-Up with Baking Soda (Canadian)
<b>54</b> - Arm & Hammer Dental Care PM Bold Mint	<b>124</b> - Colgate Whitening
<b>57</b> - Tom's of Maine Children's, Wintermint	<b>130</b> - Crest Extra Whitening
<b>62</b> - Supersmile	<b>133</b> - Ultra brite
<b>63</b> - Rembrandt Mint ("Hefferren RDA")	<b>144</b> - Crest MultiCare Whitening
<b>68</b> - Colgate Regular	<b>145</b> - Colgate Baking Soda Whitening
<b>70</b> - Colgate Total	<b>145</b> - Ultra brite Advanced Whitening Formula
<b>70</b> - Arm & Hammer Advance White Sensitive	<b>150</b> - Pepsodent
<b>70</b> - Colgate 2-in-1 Fresh Mint	<b>165</b> - Colgate Tartar Control
<b>78</b> - Biotene	<b>168</b> - Arm & Hammer Dental Care PM Fresh Mint
<b>79</b> - Sensodyne	<b>170</b> - Crest Prohealth
<b>80</b> - AIM	<b>175</b> - Colgate Luminous
<b>80</b> - Close-Up	<b>200</b> - Colgate 2-in-1 Tartar Control/Whitening or Icy Blast/Whitening
<b>82</b> - Under the Gum	
<b>83</b> - Colgate Sensitive Maximum Strength	

200 FDA recommended limit

250 ADA recommended limit