

TOOTHPASTE ABRASIVENESS RANKED BY RDA (RELATIVE DENTAL ABRASIVITY) VALUE

Toothpaste Name	VERIFIED 2012 XX	RDA
Toothbrush with plain water	XX	4
ARM & HAMMER Plain baking soda	2017*	7
ARM & HAMMER Dental Care Tooth Powder	XX	8
Enamelon Preventive Treatment Gel	2014	8
Weleda Salt Toothpaste	XX	15
Weleda Plant Tooth Gel	XX	30
ARM & HAMMER Dental Care Advance Cleaning	2016	35
ARM & HAMMER PeroxiCare	2017*	35
Sensodyne Pro-Namel - Iso-active - Daily Protection	2016	Approx 35
Sensodyne Pro-Namel - Mint Essence	2016	Approx 35
Sensodyne Pro-Namel - Fresh Breath	2016	Approx 35
Sensodyne Pro-Namel - Multi Action	2016	Approx 35
Enamelon Toothpaste	2014	39
Weleda Children's Tooth Gel	XX	40
Squiggle Enamel Saver	XX	45-55
Weleda Calendula Toothpaste	XX	45
Weleda Pink Toothpaste with Ratanhia	XX	45
Oxyfresh Original	2016	45
Colgate Optic White	2017*	46
Crest Plus Scope Flavor (Green Gel)	XX	51
Sensodyne Cool Gel-Fresh	XX	51 +/- 15%
Sensodyne Fresh Impact	XX	51 +/- 15%
Sensodyne Fresh Mint	2017*	52
Closys	XX	53
ARM & HAMMER Advanced White Extreme Whitening w/STAIN DEFENSE	2017*	53
Paradontax	2017*	56
ARM & HAMMER Sensitive Whitening with Tartar Control	2017*	57
ARM & HAMMER PeroxiCare Healthy Gums (Tartar Control)	2016	58
Mentadent Advanced Whitening	XX	60
ARM & HAMMER Dental Care Advanced Cleaning	2017*	60
Crest Plus Scope Flavor Whitening (White Gel)	XX	68
ARM & HAMMER Complete Care Plus Enamel Strengthening (ACP)	2016	75
ARM & HAMMER Complete Care Plus Whitening w/ STAIN DEFENSE	2016	76
Sensodyne Iso-active - Whitening	XX	75 +/- 15%
Tooth Builder - Squigle	XX	70-80
ARM & HAMMER Sensitive ORAJEL Enamel Strengthening	2016	78
Pepsodent® Complete Care Original Flavor	XX	80
ARM & HAMMER Complete Care Plus Whitening w/STAIN DEFENSE	2016	81
ARM & HAMMER Advance White Brilliant Sparkle	2017*	84
Mentadent Advanced Breath Freshening	XX	88
ARM & HAMMER Sensitive ORAJEL Whitening	2016	89
Oxyfresh Fluoride	2016	91

Aim Cavity Protection Toothpaste	XX	96
Oxyfresh Power	2016	97
Colgate Regular	2017*	98
Crest Baking Soda & Peroxide	2017*	101
Crest Whitening Expressions (liquid gel)	XX	105
Crest Baking Soda & Peroxide Whitening	XX	107
Crest Kid's	XX	108
Crest Cavity Protection	XX	108
Crest Advanced Cleaning	XX	109
Crest Multicare Whitening	XX	118
ARM & HAMMER Truly Radiant Rejuvenating	2017*	118
Colgate Total Whitening	XX	120-150
Sensodyne Extra Whitening	2017*	120
Crest Plus Scope Whitening (paste)	XX	125
Crest Tartar Protection	XX	125
Sensodyne Full Protection plus Whitening	XX	125 +/- 15%
Sensodyne Tartar Control plus Whitening	XX	125 +/- 15%
Crest Sensitivity Protection	XX	126
Crest Whitening Expressions (paste)	XX	132
ARM & HAMMER Truly Radiant Clean & Fresh	2017*	132
ARM & HAMMER Truly Radiant Bright & Strong (ACP)	2017*	134
Crest Pro-Health Night	XX	140
Colgate Baking Soda & Peroxide	2017*	161
Tom's of Maine Antiplaque & Whitening	2017*	164
Crest Pro-Health	XX	160-180
Colgate Total Gum Defense	XX	165-185
Colgate Total Advanced Whitening	2017*	181
Crest 3D White Luxe Diamond Strong	2017*	205
Colgate Max Fresh with Whitening	2017*	205
Crest 3D White	2017*	233
Crest Pro-Health Advanced Whitening	2017*	245
ADA recommended upper limit		250

*Yiming Li. JADA 148 (11 suppl) 2017, 20S-33S