

Toothpaste Abrasiveness

Low Abrasive

RDA Dentifrice brand and variety

07 straight baking soda

08 Arm & Hammer Tooth Powder

30 Elmex Sensitive Plus

35 Arm & Hammer Dental Care

37 Sensodyne ProNamel

42 Arm & Hammer Advance White Baking Soda Peroxide

44 Squiggle Enamel Saver

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)

54 Arm & Hammer Dental Care PM Bold Mint

57 Tom's of Maine Children's, Wintermint (given as mid-50)

62 Supersmile

63 Rembrandt Mint ('Heffernan RDA')

68 Colgate Regular

70 Colgate Total

70 Arm & Hammer Advance White Sensitive

70 Colgate 2-in-1 Fresh Mint (given as 50-70)

Medium Abrasive

RDA Dentifrice brand and variety

78 Biotene Gentle Dry Mouth

79 Sensodyne

80 AIM

80 Close-Up

83 Colgate Sensitive Maximum Strength

91 Aquafresh Sensitive

93 Tom's of Maine Regular

94 Rembrandt Plus

94 Plus White

95 Crest Regular (possibly 99)
RDA = Relative Dentin Abrasivity
High Abrasive
RDA Dentifrice brand and variety
100 Colgate Optic White
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 Closeup Paste/Gel
110 Colgate Herbal
110 Amway Glister (given as upper bound)
113 Aquafresh Whitening
117 Arm & Hammer Advance White Gel
117 Arm & Hammer Sensation Tartar Control
120 Close-Up with Baking Soda
120 Colgate Baking Soda Paste
124 Colgate Whitening
125-135 Colgate Sensitive Pro Relief, Enamel Repair
130 Crest Pro Health
130 Crest Extra Whitening
133 Ultra brite (or 120-140)
144 Crest MultiCare Whitening
145 Ultra Brite Advanced Whitening Formula
145 Colgate Baking Soda & Peroxide Whitening (given as 135-145)

Harmfully Abrasive

RDA Dentifrice brand and variety
150 Pepsodent (given as upper bound)
165 Colgate Tartar Control (given as 155-165)
16 8 Arm & Hammer Dental Care PM Fresh Mint
200 Colgate 2-in-1 Tartar Control/Whitening or Icy Blast/Whitening (given as 190-200)

200 Crest White Vivid

207 Topols Smoker's Fluoride Gel

227 Topols Smokers Toothpaste/FI

227 Pearls Drops Toothpolish

260 Ultrabrite Advanced Whitening

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