

## **toothpaste Abrasiveness**

RDA = Relative Dentin Abrasivity

### Low Abrasive (Recommended)

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 Sensodye Isoactive Multi Action

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)

51 Sensodyne Fresh Impact

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')

65 Aquafresh Baking Soda

67 Sensodyne Baking Soda

68 Colgate Regular

68 Tom's of Main BS Peppermint/Gingemint (Colgate)

70 Colgate Total

70 Arm & Hammer Advance White Sensitive

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

### Medium Abrasive (Not Recommended)

RDA Dentifrice brand and variety

78 Biotene Gentle Dry Mouth

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)

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### High Abrasive (Not Recommended)

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

117 Oral B Pro Expert

120 Breath Rx Whitening

120 Close-Up with Baking Soda

120 Colgate Baking Soda Paste

122 Colgate Sensitive Whitening

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 (Not Recommended)

RDA Dentifrice brand and variety

165 Colgate Tartar Control (given as 155-165)

168 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