## TOOTHPASTE ABRASIVENESS

The toothpaste you are using may be wearing away the enamel and dentin on your teeth, especially at the gumline! The use of "grit" in toothpaste is not unlike the use of grit on sandpaper. The more grit, the more effective at removing stain and plaque. Unfortunately, a significant downside is the destruction of tooth structure.

There is an abrasive index for toothpastes called the RDA Index. The higher the value, the more abrasive it is. At or below 45 may be an acceptable balance between benefit and risk if you must use toothpaste. Over 45 is a matter of how quickly the loss of tooth structure can occur based on the RDA, frequency of use, type of toothbrush, and brushing technique. The most ideal approach would be to NOT use toothpaste but rather dip your brush into a mouthwash. The next best alternative would be to use only toothpowders or gels, which are typically less abrasive. If you don't know the RDA of your toothpaste, you can find out by using the consumer contact information on the package or container. The following list gives the RDA index of just some of the many toothpastes that exist today.

| Plain baking soda  Weleda Salt Toothpaste  Weleda Salt Toothpaste  Weleda Plant Tooth Gel  Sembrandt Plus  Crest Regular  Crest Regular  Colgate Plain Minte  Colgate Regular  Colgate Regular  Plain baking soda  Plain bakin | 04 | Toothbrush with plain water          | 91  | A quafrach Cancitiva                   |
|--|----|--------------------------------------|-----|--|
| 15   Weleda Salt Toothpaste   94   Rembrandt Plus  |    | •                                    | -   | •                                      |
| Bilmex Sensitive Plus  Seleda Plant Tooth Gel  Weleda Plant Tooth Gel  Arm & Hammer Dental Care  Weleda Children's Tooth Gel  Arm & Hammer Advance Whitening/ Peroxide  Weleda Children's Tooth Gel  Arm & Hammer Advance Whitening/ Peroxide  Weleda Calendula Toothpaste  Weleda Calendula Toothpaste  Weleda Pink Toothpaste with Ratanhia  Mentadent  Squiggle Enamel Saver  Weleda Pink Toothpaste with Ratanhia  Mentadent  Arm & Hammer Sensation  Arm & Hammer Dental Care Sensitive  Tom's of Maine Sensitive  Mentadent  Arm & Hammer Dental Care Sensitive  Mentadent  Arm & Hammer Dental Care Sensitive  Meleda Pink Toothpaste with Ratanhia  Mentadent  Colgate Platinum  Colgate Platinum  Colgate Platinum  Colgate Herbal  Arm & Hammer Dental Care Sensitive  Mentadent  Arm & Hammer Dental Care Sensitive  Meleda Pink Toothpaste with Ratanhia  Mentadent  Arm & Hammer Dental Care Sensitive  Mite Toom's of Maine Sensitive  Manuay Glister  Arm & Hammer Dental Care PM Bold Mint  Tom's of Maine Childrens  Colossys  Manuay Glister  Colose Up with Baking Soda  Close Up with Baking Soda  Colose Up with Baking Soda  Colgate Regular  Colgate Regular  Mentadent  Mentadent  Arm & Hammer Sensation  Arm & Hammer Sensation  Arm & Hammer Sensation  Arm & Hammer Sensation  Mentadent  Arm & Hammer Sensation  Arm & Ha |    |                                      |     |  |
| 30Weleda Plant Tooth Gel95Crest Regular35Arm & Hammer Dental Care97Oxyfresh Powder40Weleda Children's Tooth Gel101Natural White42Arm & Hammer Advance Whitening/ Peroxide103Arm & Hammer Sensation44Squiggle Enamel Saver103Arm & Hammer Sensation45Weleda Calendula Toothpaste104Sensodyne Extra Whitening45Weleda Plink Toothpaste with Ratanhia106Colgate Platinum45Oxyfresh106Arm & Hammer Advance White48Arm & Hammer Dental Care Sensitive107Crest Sensitivity Protection49Tom's of Maine Sensitive110Colgate Herbal52Arm & Hammer Peroxicare Regular110Amway Glister53Closys117Arm & Hammer Advance White Gel54Arm & Hammer Dental Care PM Bold Mint117Arm & Hammer Advance White Gel54Arm & Hammer Dental Care PM Bold Mint117Arm & Hammer Sensation Tartar Control57Tom's of Maine Childrens120Close Up with Baking Soda62Supersmile124Colgate Whitening63Rembrandt Mint130Crest Extra Whitening65Colgate Regular133Ultra Brite70Colgate Total144Crest Multicare Whitening70Colgate Total144Crest Multicare Whitening Formula70Colgate 2-in-1 Fresh Mint150Pepsodent79Sensodyne168Arm & H   |    | <u>*</u>                             |     |  |
| Arm & Hammer Dental Care  Weleda Children's Tooth Gel  Hammer Advance Whitening/ Peroxide  Keleda Calendula Toothpaste  Weleda Calendula Toothpaste  Weleda Calendula Toothpaste  Weleda Calendula Toothpaste  Weleda Pink Toothpaste with Ratanhia  Mentadent  Sensodyne Extra Whitening  Sensodyne Extra Whitening  Colgate Platinum  Arm & Hammer Advance White  Arm & Hammer Dental Care Sensitive  Now for Maine Sensitive  Colgate Herbal  Arm & Hammer Peroxicare Regular  Rembrandt Original  Closys  Arm & Hammer Dental Care PM Bold Mint  Tom's of Maine Childrens  Closys  Closy Larm & Hammer Advance White Gel  Arm & Hammer Dental Care PM Bold Mint  Tom's of Maine Childrens  Closy Logate Whitening  Colgate Whitening  Close Up with Baking Soda  Clogate Regular  Colgate Total  Arm & Hammer Advance White Sensitive  Logate Regular  Colgate Total  Arm & Hammer Advance White Sensitive  Logate Total  Arm & Hammer Advance Whitening  Colgate Z-in-1 Fresh Mint  Sensodyne  Arm & Hammer Advance Whitening  Colgate 2-in-1 Fresh Mint  Arm & Hammer Dental Care PM Fresh Mint  AlM  AlM  AlM  Colgate 2-in-1 Tartar Control/Whitening  |    |                                      |     | · · ·                                  |
| 40Weleda Children's Tooth Gel101Natural White42Arm & Hammer Advance Whitening/ Peroxide103Mentadent44Squiggle Enamel Saver103Arm & Hammer Sensation45Weleda Calendula Toothpaste104Sensodyne Extra Whitening45Weleda Pink Toothpaste with Ratanhia106Colgate Platinum45Oxyfresh106Arm & Hammer Advance White48Arm & Hammer Dental Care Sensitive107Crest Sensitivity Protection49Tom's of Maine Sensitive110Colgate Herbal52Arm & Hammer Peroxicare Regular110Anway Glister53Rembrandt Original113Aquafresh Whitening53Closys117Arm & Hammer Advance White Gel54Arm & Hammer Dental Care PM Bold Mint117Arm & Hammer Sensation Tartar Control57Tom's of Maine Childrens120Close Up with Baking Soda62Supersmile124Colgate Whitening63Rembrandt Mint130Crest Extra Whitening68Colgate Regular133Ultra Brite70Colgate Regular133Ultra Brite70Colgate Total144Crest Multicare Whitening70Arm & Hammer Advance White Sensitive145Ultra Brite Advanced Whitening Formula70Fepsodent150Pepsodent78Biotene165Colgate Tartar Control79Sensodyne168Arm & Hammer Dental Care PM Fresh Mint   |    |                                      |     |  |
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| 52Arm & Hammer Peroxicare Regular110Amway Glister53Rembrandt Original113Aquafresh Whitening53Closys117Arm & Hammer Advance White Gel54Arm & Hammer Dental Care PM Bold Mint117Arm & Hammer Sensation Tartar Control57Tom's of Maine Childrens120Close Up with Baking Soda62Supersmile124Colgate Whitening63Rembrandt Mint130Crest Extra Whitening68Colgate Regular133Ultra Brite70Colgate Total144Crest Multicare Whitening70Arm & Hammer Advance White Sensitive145Ultra Brite Advanced Whitening Formula70Colgate 2-in-1 Fresh Mint150Pepsodent78Biotene165Colgate Tartar Control79Sensodyne168Arm & Hammer Dental Care PM Fresh Mint80AIM176Nature's Gate Paste80Close Up200Colgate 2-in-1TartarControl/Whitening   |    |                                      |     |  |
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| 70 Arm & Hammer Advance White Sensitive 70 Colgate 2-in-1 Fresh Mint 78 Biotene 79 Sensodyne 80 AIM 80 Close Up 145 Ultra Brite Advanced Whitening Formula 150 Pepsodent 165 Colgate Tartar Control 168 Arm & Hammer Dental Care PM Fresh Mint 176 Nature's Gate Paste 200 Colgate 2-in-1TartarControl/Whitening   | 68 | Colgate Regular                      | 133 | Ultra Brite                            |
| 70 Colgate 2-in-1 Fresh Mint  78 Biotene  79 Sensodyne  80 AIM  80 Close Up  150 Pepsodent  165 Colgate Tartar Control  168 Arm & Hammer Dental Care PM Fresh Mint  176 Nature's Gate Paste  200 Colgate 2-in-1 Tartar Control/Whitening   | 70 | Colgate Total                        | 144 | Crest Multicare Whitening              |
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| 79Sensodyne168Arm & Hammer Dental Care PM Fresh Mint80AIM176Nature's Gate Paste80Close Up200Colgate 2-in-1TartarControl/Whitening  | 70 | Colgate 2-in-1 Fresh Mint            | 150 | Pepsodent                              |
| 80 AIM 176 Nature's Gate Paste<br>80 Close Up 200 Colgate 2-in-1TartarControl/Whitening  | 78 | Biotene                              | 165 | Colgate Tartar Control                 |
| 80 Close Up 200 Colgate 2-in-1TartarControl/Whitening  | 79 | Sensodyne                            | 168 | Arm & Hammer Dental Care PM Fresh Mint |
|  | 80 | AIM                                  | 176 | Nature's Gate Paste                    |
|  | 80 | Close Up                             | 200 | Colgate 2-in-1TartarControl/Whitening  |
| 82 Under the Gum or Icy Blast  | 82 | Under the Gum                        |     | or Icy Blast                           |
| 83 Colgate Sensitive Max Strength 200 FDA recommended upper limit  | 83 | Colgate Sensitive Max Strength       | 200 |  |
| 87 Nature's Gate 250 ADA recommended upper limit   | 87 | · ·                                  | 250 |  |

Perioscript and Natural Dentist RDA levels were not available because the companies consider it to be proprietary information. Epic, Young Living, Jason, and Peelu RDA levels are not available because the companies do not test them.