



Toothpaste Abrasiveness

The toothpaste you are using may be wearing away the enamel and dentin on your teeth, especially at the gum line. The use of “grit” in toothpaste is not unlike the use of grit on sandpaper. More the 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 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 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.

04	Toothbrush with Plain Water	91	Aquafresh Sensitive
07	Plain baking soda	93	Tom's of Maine
15	Weleda Salt Toothpaste	94	Rembrandt Plus
30	Elmex Sensitive Plus	95	Oxyfresh with Fluoride
30	Weleda Plant Tooth Gel	95	Crest Regular
35	Arm & Hammer Dental Care	97	Oxyfresh Powder
40	Weleda Children's Tooth Gel	101	Natural White
42	Arm & Hammer Advanced Whitening/Peroxide	103	Mentadent
44	Squiggle Enamel Saver	103	Arm & Hammer Sensation
45	Weleda Calendula Toothpaste	104	Sensodyne Extra Whitening
45	Weleda Pink Toothpaste with Ratanhia	106	Colgate Platinum
45	Oxyfresh	106	Arm&Hammer Advanced White
48	Arm & Hammer Dental Care Sensitive	107	Crest Sensitivity Protection
49	Tom's of Maine Sensitive	110	Colgate Herbal
52	Arm & Hammer Peroxicare Regular	110	Armway Glister
53	Rembrandt Original	113	Aquafresh Whitening
53	Closys	117	Arm&Hammer Advance Whiten Gel
54	Arm&Hammer Dental Care PM Bold Mint	117	Arm&Hammer Sensation Tartar Control
57	Tom's Maine Childrens	120	Close Up with Baking Soda
62	Supersmile	124	Colgate Whitening
63	Rembrandt Mint	130	Crest Extra Whitening
68	Colgate Regular	133	Ultra Brite

70	Colgate Total	144	Crest Multicare Whitening
70	Arm & Hammer Advance White Sensitive	145	Ultra Brite Advanced Whiten Formula
70	Colgate 2-in-1 Fresh Mint	150	Pepsodent
78	Biotene	165	Colgate Tartar Control
79	Sensodyne	168	Arm&HammerDental CarePMFreshMint
80	AIM	176	Nature's Gate Paste
80	Close Up	200	Colgate 2-in-1 Tartar Control/Whitening or Icy Blast
82	Under the Gum	200	FDA recommended upper limit
83	Colgate Sensitive Max Strength	250	ADA recommended upper limit
87	Nature's Gate		