

# 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. 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 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 you 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.

04	Toothbrush with plain water	91	Aquafresh Sensitive
07	Plain Baking Soda	93	Tom's of Marine
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 Advance Whitening/Peroxide	103	Mentadent
44	Squiggle Enamel Saver	103	Arm & Hammer Sensation
45	Weleda Calendula Toothpaste	104	Sensodyne Extra Whitening
45	Weleda Pick Toothpaste with Ratanhia	106	Colgate Platinum
45	Oxyfresh	106	Arm & Hammer Advanced White
48	Arm & Hammer Dental Care Sensitive	107	Crest Sensitive Protection
49	Tom's of Marine Sensitive	110	Colgate Herbal
52	Arm & Hammer Peroxicare Regular	110	Amway Glistar
53	Rembrandt Original	113	Aquafresh Whitening
53	Closys	117	Arm & Hammer Advance White Gel
54	Arm & Hammer Dental Care PM Bold Mint	117	Arm & Hammer Sensation Tartar Control
57	Tom's of Maine Children's	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 Whitening Formula
78	Colgate 2-in 1 Fresh Mint	150	Pepsodent
78	Biotene	165	Colgate Tarter Control
79	Sensodyne	168	Arm & Hammer Dental Care PM Fresh Mint
80	AIM	176	Nature's Gate Paste
80	Close Up	200	Colgate 2-in-1 TarterControl/ Whitening or Icy Blast
82	Under the Gum		
83	Colgate Sensitive Max Strength	200	FDA recommended upper limit
87	Nature's Gate	250	ADA recommended upper limit

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.