

Abrasiveness Index of Common Toothpastes

Not all toothpastes are created equal. Some can even cause problems. Many types of toothpaste are highly abrasive and actually strip away tooth enamel which never grows back. The teeth may become sensitive when tooth enamel is worn away. Toothpaste's abrasiveness is measure by its Relative Dentin Abrasivity (RDA). The table below shows the RDA of some common toothpastes. We suggest that you use toothpastes with lower RDA ratings.

In addition to finding toothpaste that is minimally abrasive, we suggest finding one with fluoride. Fluoride helps strengthen enamel and prevent cavities. Toothpaste contains abrasives which help clean

teeth. Unfortunately, these abrasives can sometimes strip away tooth enamel, making teeth sensitive to heat, cold and sweets.

A secondary problem from the abrasiveness of the paste is notching of the tooth at the gum line causing a structural compromise. Often a filling is necessary to protect the future integrity of the tooth. Again, selecting a paste with a low RDA can prevent both sensitivity and structural compromises that can cause the need for future restorative dentistry.

Toothpaste:	RDA Value
Straight Baking Soda	7
Arm & Hammer Tooth Powder	8
Arm & Hammer Dental Care	35
Oxyfresh*	45
Tom's of Maine Sensitive	49
Arm & Hammer Peroxicare	49
Rembrandt Original	53
CloSYS	53
Tom's of Maine Children	57
Colgate Regular*	68
Colgate Total	70
Sensodyne*	79
Aim	80
Colgate Sensitive Max Strength	83
Aquafresh Sensitive	91
Tom's of Maine Regular	93
Crest Regular*	95
Mentadent	103
Sensodyne Extra Whitening	104
Colgate Platinum	106
Crest Sensitivity	107
Colgate Herbal	110
Aquafresh Whitening	113
Arm & Hammer Tarter Control	117
Arm & Hammer Advanced White Gel	117
Close-Up with Baking Soda	120
Colgate Whitening	124
Ultra Brite	130
Crest MultiCare Whitening	144
Colgate Baking Soda Whitening	145
Pepsodent	150
Colgate Tarter Control	165
FDA Recommended Limit	200
ADA Recommended Limit	250

The RDA Table:

0-70 = Low Abrasion

70-100 = Medium Abrasive

100-150 = Highly Abrasive

150-250 = Regarded as Harmful Limit

*Recommended and carried by Raabe Family Dentistry