

TOOTHPASTE ABRASIVENESS RANKED BY RDA (RELATIVE DENTAL ABRASIVITY) VALUE

Toothpaste Name	VERIFIED 2012 XX	RDA
Toothbrush with plain water	XX	4
Plain baking soda	XX	7
ARM & HAMMER Dental Care Tooth Powder	XX	8
Weleda Salt Toothpaste	XX	15
Elmex Sensitive Plus		30
Weleda Plant Tooth Gel	XX	30
Sensodyne Pro-Namel - Iso-active - Daily Protection	XX	32 +/- 15%
Sensodyne Pro-Namel - Mint Essence	XX	37 +/- 15%
Sensodyne Pro-Namel - Fresh Wave	XX	37 +/- 15%
Weleda Children's Tooth Gel	XX	40
ARM & HAMMER PeroxiCare Toothpaste	XX	42
ARM & HAMMER Advance White Baking Soda & Peroxide	XX	42
Sensodyne Iso-active - Multi Action	XX	44 +/- 15%
Squiggle Enamel Saver	XX	45-55
Weleda Calendula Toothpaste	XX	45
Weleda Pink Toothpaste with Ratanhia	XX	45
Oxyfresh		45
ARM & HAMMER Dental Care Advanced Cleaning Toothpaste	XX	49
Tom's of Maine Sensitive		49-100
Crest Plus Scope Flavor (Green Gel)	XX	51
Sensodyne Cool Gel-Fresh	XX	51 +/- 15%
Sensodyne Fresh Impact	XX	51 +/- 15%
Sensodyne Fresh Mint	XX	51 +/- 15%
Rembrandt Original		53
Closys	XX	53
ARM & HAMMER Dental Care Icy Mint Whitening Toothpaste	XX	55
Tom's of Maine Childrens		57-100
Mentadent Advanced Whitening	XX	60
Supersmile		62
Rembrandt Mint		63
ARM & HAMMER Complete Care Enamel Strengthening	XX	65
Crest Plus Scope Flavor Whitening (White Gel)	XX	68
Colgate Regular		68
Colgate Total		70
ARM & HAMMER Advance White for Sensitive Teeth	XX	70
Colgate 2-in-1 Fresh Mint		70
Sensodyne Iso-active - Whitening	XX	75 +/- 15%
Tooth Builder - Squigle	XX	70-80
Biotene		78
Pepsodent® Complete Care Original Flavor	XX	80
Close Up		80

ARM & HAMMER Complete Care Extra Whitening	XX	81
Under the Gum		82
Colgate Sensitive Max Strength		83
ARM & HAMMER Complete Care Intense Freshening	XX	83
Sensodyne ProNamel - Gentle Whitening Alpine Breeze	XX	83 +/- 15%
Nature's Gate		87
Mentadent Advanced Breath Freshening	XX	88
Aquafresh Sensitive		91
Tom's of Maine		93-100
Rembrandt Plus		94
Oxyfresh with Fluoride		95
Aim Cavity Protection Toothpaste	XX	96
Oxyfresh Powder		97
Arm & Hammer Advanced White Brilliant Sparkle Gel	XX	100
Close-Up Cinnamon Red Gel with Mouthwash	XX	100
Natural White		101
Sensodyne ProNamel Iso-active - Gentle Whitening		100 +/- 15%
Crest Whitening Expressions (liquid gel)	XX	105
Colgate Platinum		106
Crest Baking Soda & Peroxide Whitening	XX	107
Crest Kid's	XX	108
Crest Cavity Protection	XX	108
Crest Advanced Cleaning	XX	109
Colgate Herbal		110
Amway Glister		110
Aquafresh Whitening		113
Crest Extra Whitening	XX	118
Crest Multicare Whitening	XX	118
Colgate Total Whitening	XX	120-150
Crest Plus Scope Whitening (paste)	XX	125
Crest Tartar Protection	XX	125
Sensodyne Extra Whitening	XX	125 +/- 15%
Sensodyne Full Protection plus Whitening	XX	125 +/- 15%
Sensodyne Tartar Control plus Whitening	XX	125 +/- 15%
Crest Sensitivity Protection	XX	126
Crest Whitening Expressions (paste)	XX	132
Ultra Brite		133
Crest Pro-Health Night	XX	140
Ultra Brite Advanced Whitening Formula		145
Pepsodent		150
Crest Pro-Health	XX	160-180
Colgate Total Gum Defence	XX	165-185
Colgate Tartar Control		165
Arm & Hammer Dental Care PM Fresh Mints		178
Colgate Total Advanced Whitening	XX	180-200
Crest Vivid White	XX	187
FDA recommended upper limit		200

ADA recommended upper limit		250
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