



# Toothpaste Abrasiveness

The tooth paste 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 toothpaste 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 toothpaste that exist today.

Toothpaste Abrasiveness Ranked by RDA (Relative Dentin Abrasion) Value			
RDA	Toothpaste Name	RDA	Toothpaste Name
4	Toothbrush with plain water	95	Oxyfresh with Fluoride
7	Plain baking soda	100	Sensodyne Original
8	Arm & Hammer Tooth Powder	100	Sensodyne Tartar Control Whitening
15	Weleda Salt Toothpaste	101	Natural White
30	Elmex Sensitive Plus	103	Arm & Hammer Sensation
30	Weleda Tooth Products	104	Sensodyne Extra Whitening
34	ProNamel by Sensodyne	106	Arm & Hammer Advance White
35	Arm & Hammer Dental Care	107	Crest Sensitivity Protection
42	Arm & Hammer Advanced Whitening/Peroxide	107	Sensodyne Full Protection Whitening
45	Weleda Calendula Toothpaste	110	Crest Regular
45	Weleda Pink Toothpaste with Ratanhia	110	Prevident 5000 Booster
45	Oxyfresh	110	Colgate Herbal
48	Arm & Hammer Dental Care Sensitive	113	Aquafresh Whitening
49	Tom's of Maine Sensitive	117	Arm & Hammer Advance White Gel
52	Arm & Hammer Peroxicare Regular	117	Arm & Hammer Sensation Tartar Control
53	Rembrandt Original	120	Close Up with Baking Soda
53	CloSYS	124	Crest Sensitivity Whitening + Scope
54	Arm & Hammer Sensitive + Whitening	124	Colgate Whitening
54	Arm & Hammer Dental Care PM Bold Mint	130	Crest Extra Whitening
57	Tom's of Maine Childrens Toothpaste	133	Ultra Brite
63	Colgate Sensitive Enamel Protect	140	Crest Pro Health Night
63	Rembrandt Mint	142	Colgate Total Whitening
65	ClinPro	145	Crest Pro Health Enamel Shield
68	Colgate Regular	145	Ultra Brite Advanced Whitening
70	Colgate Total	150	Pepsodent
70	Arm & Hammer Advance White Sensitive	152	Crest Sensitive Whitening
70	Colgate 2-in-1 Fresh Mint	155	Crest Pro Health
78	Biotene	160	Colgate Total Advanced Fresh
79	Sensodyne	162	Crest Pro Health Whitening
80	Close Up	165	Colgate Tartar Control
83	Colgate Sensitive Max Strength	168	Arm & Hammer Dental Care PM Fresh Mint
84	Tom's of Maine	176	Nature's Gate Paste
85	Dentisse	200	Colgate 2-in-1 Tartar Control / Whitening
85	Rembrandt Intense Stain	200	FDA Upper Limit
87	Nature's Gate	250	ADA Upper Limit
90	Sensodyne Fresh Mint		
91	Aquafresh Sensitive	<b>The RDA Table:</b>	
92	Sensodyne Cool Gel	0-70	Low Abrasiveness
93	Tom's of Maine	71-100	Medium Abrasiveness
94	Rembrandt Plus	101-150	Highly Abrasiveness
94	Sensodyne Fresh Mint	151-250	Regarded as Harmful Limit