



## Abrasive Index of Common Toothpastes

*Stay below 70!*

Toothpaste	RDA Value	Toothpaste	RDA Value
Toothbrush with plain water	4	Rembrandt Plus	94
Plain baking soda	7	Plus White	94
Arm & Hammer Tooth Powder	8	Oxyfresh with Fluoride	95
Weleda Salt Toothpaste	15	Crest Regular	95
CariFree CTx4 Gel 1100/5000	30	Oxyfresh Powder	97
CariFree CTx3 Gel	30	Colgate Enamel Care Natural Whitening	100
Elmex Sensitive Plus	30	Natural White	101
Weleda Plant Tooth Gel	30	Mentadent	103
Pronamel	34	Arm & Hammer Sensation	103
Arm & Hammer Dental Care	35	Sensodyne Extra Whitening	104
Weleda Children's Tooth Gel	40	Colgate Platinum	106
Arm & Hammer Mentadent Advance Whitening	42	Arm & Hammer Advance White Extreme Whitening	106
Squiggle Enamel Saver	44	Crest Sensitivity Protection	107
Weleda Calendula Toothpaste	45	Colgate Tartar Control with Baking Soda and Peroxide	109
Weleda Pink Toothpaste with Ratanhia	45	Colgate Herbal	110
Oxyfresh	45	Amway Glistar	110
Arm & Hammer Dental Care Sensitive	48	Aquafresh Whitening	113
Tom's of Maine Sensitive	49	Arm & Hammer Advance White Gel	117
Arm & Hammer Peroxicare Tartar Control	49	Arm & Hammer Sensation Tartar Control	117
Crest with Scope	51	Fluoridex Daily Defense	117
Arm & Hammer Peroxicare Regular	52	Close Up with Baking Soda	120
Healthy Teeth & Gums	52	Crest Extra Whitening with Tartar Protection	120
Rembrandt Original	53	Colgate Whitening	124
Closys	53	Crest Maximum Sensitivity	126
Arm & Hammer Dental Care PM Bold Mint	54	Crest Extra Whitening	130
PerioScience White Care	57	Ultra Brite	133
Tom's of Maine Children's	57	Crest MultiCare Fresh Mint	139
Biotene Gel	60	Crest Pro-Health	140
Clinpro 5000	62	Crest Multicare Whitening	144
Supersmile	62	Colgate Baking Soda Whitening	145
Rembrandt Mint	63	Ultra Brite Advanced Whitening Formula	146
Colgate Enamel Care Advanced Whitening	65	Pepsodent	150
Crest with Scope Whitening	65	Crest Rejuvenating Effects	155
Colgate Regular	68	Colgate Tartar Control	165
Colgate Total	70	Colgate Luminous	175
Arm & Hammer Advance White Sensitive	70	Colgate 2-in-1 Tartar Control/White	200
Colgate 2-in-1 Fresh Mint	70	FDA Recommended Limit	200
Crest Rejuvenating Effects Liquid Gel	74	ADA Recommended Limit	250
Prevident 5000 Booster	75		
Sensodyne	79		
Aim	80		
Biotene Paste with Fluoride	80		
Colgate Sensitive Max Strength	83		
Aquafresh Sensitive	91		
Tom's of Maine Regular	93		

**The RDA table:**  
**0-70 = low abrasive**  
**70-100 = medium abrasive**  
**100-150 = highly abrasive**  
**150-250 = regarded as harmful limit**