

Edward A. Borio, D.D.S., P.C.
50 West Big Beaver #100B
Bloomfield Hills, MI 48304
248 644 1955
www.boriodental.com

Abrasion Index of Common Toothpastes

Many people use toothpaste as part of their oral health care regimen. However, you should know that some toothpaste can cause problems. Many types of toothpaste are too 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 measured by its Relative Dentin Abrasively (RDA). The table below shows the RDA of some common toothpaste. We suggest that you use toothpastes with the lowest RDA ratings.

In addition to finding a toothpaste that is minimally abrasive, we suggesting 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.

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 Main 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 Advance 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

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.

The RDA table:

0-70 = Low Abrasive
70-100 = Medium Abrasive
100-150 = Highly Abrasive
150-250 = Regarded as
Harmful Limit