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The American Dental Association (ADA) has a standardized test to evaluate commercially available toothpaste brands for the amount of abrasiveness. The higher the number, the more likely the toothpaste is to remove tooth enamel. The lower the number, the less likely the toothpaste will remove tooth enamel. The results of one analysis are below. In general, products intended for 'tartar' control or 'whitening' are more abrasive than other pastes and gels.

### **Abrasivity of common toothpastes:**

<u>Abrasive Index #</u>	<u>Toothpaste Brand</u>
04	ADA Reference Brush and Water
07	Plain Baking Soda
08	Arm & Hammer Tooth Powder
30	Elmex Sensitive Plus
35	Arm & Hammer Dental Care
42	Arm & Hammer Adv. White Baking Soda Peroxide
44	Squigle Enamel Saver
48	Arm & Hammer Dental Care Sensitive
49	Arm & Hammer Peroxicare Tarter Control
49	Tom's of Maine Sensitive
52	Arm & Hammer Peroxicare Regular
53	Rembrandt Original
54	Arm & Hammer Dental Care PM Mint
57	Tom's of Maine Children's Wintermint
62	Supersmile
63	Rembrandt Mint
68	Colgate Regular
70	Colgate Total
70	Arm & Hammer Advance White Sensitive
70	Colgate 2-in-1 Fresh Mint
79	Sensodyne
80	Aim
80	Close-Up
83	Colgate Sensitive Maximum Strength

91	Aquafresh Sensitive
93	Tom's of Maine Regular
94	Rembrandt Plus
94	Plus White
95	Crest Regular
101	Natural White
103	Mentadent
103	Arm & Hammer Sensation
104	Sensodyne Extra Whitening
106	Colgate Platinum
106	Arm & Hammer Adv. White Paste
107	Crest Sensitivity Protection
110	Colgate Herbal
110	Amway Glister
113	Aquafresh Whitening
117	Arm & Hammer Adv. Whitening Gel
117	Arm & Hammer Sensation Tarter
124	Colgate Whitening
130	Colgate Extra Whitening
133	Ultra Brite
144	Crest MultiCare Whitening
145	Ultra Brite Adv. Whitening Formula
150	Pepsodent
165	Colgate Tarter Control
175	Colgate Luminous

- (1.) Reference: [http://www.epinions.com/content\\_3128664196](http://www.epinions.com/content_3128664196). Not all research yielded identical results.
- (2.) Manufacturers are free to change the contents and ingredients without notice, which may significantly increase or decrease the abrasiveness of the product.
- (3.) For more information, use an Internet search engine, e.g. Google, and search for toothpaste abrasiveness.