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Toothpaste Name RDA- Relative Dentin Abrasiveness

Toothbrush with plain water 4
 Plain baking soda 7
 Arm and Hammer Dental Care Tooth Powder 8
 Weleda Salt Toothpaste 15
 Elmex Sensitive Plus 30
 Weleda Plant Tooth Gel 30
 Sensodyne ProNamel - Isoactive - Daily Protection 32±15%
 Sensodyne ProNamel - Mint Essence 37±15%
 Sensodyne ProNamel - Fresh Wave 37±15%
 Weleda Children's Tooth Gel 40
 ARM and Hammer PeroxiCare Toothpaste 42
 Arm and Hammer Advance White Baking Soda and Peroxide 42
 Sensodyne Iso-active - Multi Action 44±15%
 Squiggle Enamel Saver 45-55
 Weleda Calendula Toothpaste 45
 Weleda Pink Toothpaste with Ratanhia 45
 Oxyfresh 45
 Arm and Hammer Dental Care Advanced Cleaning Toothpaste 49
 Tom's of Maine Sensitive 49-100
 Crest Plus Scope Flavor (green gel) 51
 Sensodyne Cool Gel-Fresh 51±15%
 Sensodyne Fresh Impact 51±15%
 Sensodyne Fresh Mint 51±15%
 Rembrandt Original 53
 Arm and Hammer Dental Care Icy Mint Whitening Toothpaste 55
 Tom's of Maine Childrens 57-100
 Mentadent Advanced Whitening 60
 Supersmile 62
 Rembrandt Mint 63
 Arm and Hammer Complete Care Enamel Strengthening 65
 Crest plus Scope Flavor Whitening (white gel) 68
 Colgate Regular 68
 Colgate Total 70
 Arm and Hammer Advance White for Sensitive Teeth 70
 Colgate 2-in-1 Fresh Mint 70
 Sensodyne Isoactive - Whitening 75±15%
 Tooth Builder - Squigle 70-80
 Biotene 78
 Pepsodent® Complete Care Original Flavor 80
 Close-Up 80
 Arm and Hammer Complete Care Extra Whitening 81
 Under the Gum 82
 Colgate Sensitive Max Strength 83
 Arm and Hammer Complete Care Intense Freshening 83
 Sensodyne ProNamel Gentle Whitening Alpine Breeze 83±15%

Toothpaste Name RDA- Relative Dentin Abrasiveness

Nature's Gate 87
 Mentadent Advanced Breath Freshening 88
 Aquafresh Sensitive 91
 Tom's of Maine 93-100
 Rembrandt Plus 94
 Oxyfresh with Fluoride 95
 Aim Cavity Protection Toothpaste 96
 Oxyfresh Powder 97
 Arm and Hammer Advanced White Brilliant Sparkle Gel 100
 Close-Up Cinnamon Red Gel with Mouthwash 100
 Natural White 101
 SENSODYNE ProNamel Iso-active Gentle Whitening 100±15%
 Crest Whitening Expressions (liquid gel) 105
 Colgate Platinum 106
 Crest Baking Soda and Peroxide Whitening 107
 Crest Kid's 108
 Crest Cavity Protection 108
 Crest Advanced Cleaning 109
 Colgate Herbal 110
 Amway Glister 110
 Aquafresh Whitening 113
 Crest Extra Whitening 118
 Crest Multicare Whitening 118
 Colgate Total Whitening 120-150
 Crest Plus Scope Whitening (paste) 125
 Crest Tartar Protection 125
 SENSODYNE Extra Whitening 125±15%
 SENSODYNE Full Protection Plus Whitening 125±15%
 SENSODYNE Tartar Control Plus Whitening 125±15%
 Crest Sensitivity Protection 126
 Crest Whitening Expressions (paste) 132
 Ultra Brite 133
 Crest Pro-health night 140
 Ultra brite Advanced Whitening formula 145
 Pepsodent 150
 Crest Pro-Health 160-180
 Colgate Total Gum Defense 165-185
 Colgate Tartar Control 165
 Arm and Hammer Dental Care PM Fresh Mint 178
 Colgate Total Advanced Whitening 180-200
 Crest Vivid White 187

 FDA recommended upper limit 200
 ADA recommended upper limit 250
 JRD Recommends below 100