

## Toothpaste Abrasion Chart

<b>RDA (Relative Dentin Abrasivity)</b>		<b>RDA (Relative Dentin Abrasivity)</b>	
<b>Very Low Abrasive</b>		<b>91</b>	Aquafresh Sensitive
<b>04</b>	Toothbrush with plain water	<b>93</b>	Tom's of Maine Regular
<b>07</b>	Straight baking soda	<b>94</b>	Rembrant Plus
<b>08</b>	Arm & Hammer Tooth Powder	<b>95</b>	Crest Regular
<b>15</b>	Weleda Salt Toothpaste	<b>95</b>	Oxyfresh with Fluoride
<b>18</b>	CTx4 Gel	<b>97</b>	Oxyfresh Powder
<b>30</b>	Elmex Sensitive Plus		
<b>30</b>	Weleda Plant Tooth Gel	<b>High Abrasive</b>	
<b>35</b>	Arm & Hammer Dental Care	<b>100</b>	Colgate Optic White
<b>37</b>	Sensodyne ProNamel	<b>101</b>	Natural White
		<b>103</b>	Mentadent
		<b>103</b>	Arm & Hammer Sensation
		<b>104</b>	Sensodyne Extra Whitening
		<b>106</b>	Colgate Platinum
		<b>106</b>	Arm & Hammer Advance White Paste
		<b>107</b>	Crest Sensitivity Protection
		<b>110</b>	Closeup Paste/Gel
		<b>110</b>	Colgate Herbal
		<b>113</b>	Aquafresh Whitening
		<b>117</b>	Arm & Hammer Advance White Gel
		<b>117</b>	Arm & Hammer Sensation Tartar Control
		<b>120</b>	Close-Up with Baking Soda
		<b>120</b>	Colgate Baking Soda Paste
		<b>124</b>	Colgate Whitening
		<b>125</b>	Colgate Sensitive Pro Relief, Enamel Repair
		<b>130</b>	Crest Pro Health
		<b>130</b>	Crest Extra Whitening
		<b>133</b>	Ultra brite
		<b>144</b>	Crest MultiCare Whitening
		<b>145</b>	Ultra Brite Advanced Whitening Formula
		<b>145</b>	Colgate Baking Soda & Peroxide Whitening
			<b>Harmfully Abrasive</b>
		<b>150</b>	Pepsodent
		<b>165</b>	Colgate Tartar Control
		<b>168</b>	Arm & Hammer Dental Care PM Fresh Mint
		<b>176</b>	Nature's Gate Paste
		<b>200</b>	Colgate 2-in-1 Tartar Control/Whitening or Icy Blast/Whitening
		<b>200</b>	Crest White Vivid
		<b>260</b>	Ultrabrite Advanced Whitening
<b>Low Abrasive</b>			
<b>40</b>	Weleda Children's Tooth Gel		
<b>42</b>	Arm and Hammer Metadent Advanced Whitening		
<b>42</b>	Arm and Hammer Peroxicare		
<b>45</b>	Weleda Calendula Toothpaste		
<b>45</b>	Oxyfresh		
<b>48</b>	Arm & Hammer Dental Care Sensitive		
<b>49</b>	Arm & Hammer Peroxicare Tartar Control		
<b>49</b>	Tom's of Maine Sensitive		
<b>52</b>	Arm & Hammer Peroxicare Regular		
<b>53</b>	Rembrant Original		
<b>54</b>	Arm & Hammer Sensitive Whitening		
<b>54</b>	Arm & Hammer Sensitive Freshening		
<b>54</b>	Arm & Hammer Sensitive Multi-Protection		
<b>54</b>	Arm & Hammer Complete Care Stain Defense		
<b>57</b>	Tom's of Maine Children's		
<b>62</b>	Super Smile		
<b>63</b>	Rembrant Mint		
<b>65</b>	Arm & Hammer Complete Care Plus Enamel Strengthening		
<b>68</b>	Colgate Regular		
<b>70</b>	Colgate Total		
<b>70</b>	Arm & Hammer Advance White Sensitive		
<b>70</b>	Colgate 2-in-1 Fresh Mint		
<b>Medium Abrasive</b>			
<b>78</b>	Biotene Gentle Dry Mouth		
<b>79</b>	Sensodyne		
<b>80</b>	AIM		
<b>83</b>	Colgate Sensitive Maximum Strength		