



Abrasiveness Index of Common Toothpastes

Toothpaste ads are full of whitening promotion and you often see ads outlining all of the things toothpaste can do. What they don't tell you is how abrasive the products are. Abrasive toothpastes can cause sensitivity, recession and break down restorative dental work. The RDA (Relative Dentin Abrasivity) scale lets us know how abrasive a toothpaste is. Our recommendation is to use toothpaste with a low to medium RDA. For examples, see below.

RDA Scale: 0-70 low, 70-100 medium, 101-150 high, 150-250 regarded as harmful limit.

Low to Medium RDA

CariFree	30
Sensodyne Pronamel	35
Arm & Hammer Peroxicare	42
Colgate Regular	68
Colgate Total	70
Sensodyne 165	80
Aquafresh Sensitive	83

High RDA

Colgate Platinum	106
Aquafresh Whitening	113
Arm & Hammer Advance White Gel	117
Crest Extra Whitening	118
Crest MultiCare Whitening	118
Colgate Tarter Control	
Crest Vivid White	187

Don't see your toothpaste? Ask us for a more comprehensive list.