

Toothpaste Abrasion Chart

Very Low Abrasive

RDA (Relative Dentin Abrasivity)

- 04 Toothbrush with plain water
- 07 Straight baking soda
- 08 Arm & Hammer Tooth Powder
- 15 Weleda Salt Toothpaste
- 18 CTx4 Gel
- 30 Elmex Sensitive Plus
- 30 Weleda Plant Tooth Gel
- 35 Arm & Hammer Dental Care
- 37 Sensodyne ProNamel

Low Abrasive

- 40 Weleda Children's Tooth Gel
- 42 Arm and Hammer Metadent Advanced Whitening
- 42 Arm and Hammer Peroxicare
- 45 Weleda Calendula Toothpaste
- 45 Oxyfresh
- 48 Arm & Hammer Dental Care Sensitive
- 49 Arm & Hammer Peroxicare Tartar Control
- 49 Tom's of Maine Sensitive
- 52 Arm & Hammer Peroxicare Regular
- 53 Rembrant Original
- 54 Arm & Hammer Sensitive Whitening
- 54 Arm & Hammer Sensitive Freshening
- 54 Arm & Hammer Sensitive Multi-Protection
- 54 Arm & Hammer Complete Care Stain Defense
- 57 Tom's of Maine Children's, Wintermint
- 62 Super Smile
- 63 Rembrant Mint
- 65 Arm & Hammer Complete Care Plus Enamel Strengthening
- 68 Colgate Regular
- 70 Colgate Total
- 70 Arm & Hammer Advance White Sensitive
- 70 Colgate 2-in-1 Fresh Mint

Medium Abrasive

- 78 Biotene Gentle Dry Mouth
- 79 Sensodyne
- 80 AIM
- 83 Colgate Sensitive Maximum Strength
- 91 Aquafresh Sensitive
- 93 Tom's of Maine Regular
- 94 Rembrant Plus
- 95 Crest Regular
- 95 Oxyfresh with Fluoride
- 97 Oxyfresh Powder

High Abrasive

RDA (Relative Dentin Abrasivity)

- 100 Colgate Optic White
- 101 Natural White
- 103 Mentadent
- 103 Arm & Hammer Sensation
- 104 Sensodyne Extra Whitening
- 106 Colgate Platinum
- 106 Arm & Hammer Advance White Paste
- 107 Crest Sensitivity Protection
- 110 Closeup Paste/Gel
- 110 Colgate Herbal
- 113 Aquafresh Whitening
- 117 Arm & Hammer Advance White Gel
- 117 Arm & Hammer Sensation Tartar Control
- 120 Close-Up with Baking Soda
- 120 Colgate Baking Soda Paste
- 124 Colgate Whitening
- 125 Colgate Sensitive Pro Relief, Enamel Repair
- 130 Crest Pro Health
- 130 Crest Extra Whitening
- 133 Ultra brite
- 144 Crest MultiCare Whitening
- 145 Ultra Brite Advanced Whitening Formula
- 145 Colgate Baking Soda & Peroxide Whitening

Harmfully Abrasive

- 150 Pepsodent (given as upper bound)
- 165 Colgate Tartar Control
- 168 Arm & Hammer Dental Care PM Fresh Mint
- 176 Nature's Gate Paste
- 200 Colgate 2-in-1 Tartar Control/ Whitening or Icy Blast/Whitening
- 200 Crest White Vivid
- 260 Ultrabrite Advanced Whitening

Mouthwash Rinse pH Values

- 9.90 Therabreath Oral Rinse
- 8.10 Carifree Maintenance Rinse
- 6.60 ACT Restoring Mouth wash
- 5.7-6.5 PreviDent RX Mint Rinse
- 5.48 Peridex
- 5.47 Scope
- 4.74 BreathRx Antibacterial Rinse
- 4.72 Oral-B Anti-cavity Rinse
- 4.64 Biotine Mouthwash
- 4.62 Oral-B Antibacterial Mouth Spray
- 4.53 BreathRx Antibacterial Mouth Spray
- 4.39 Listerine Antiseptic Mouthwash
- 4.22 Crest Pro-Health
- 3.8-4.5 Phosflur