

## Abrasiveness Index of Common Toothpastes

Toothpaste:	RDA Value
Oral Neutralizing Gel	4
Straight Baking Soda	7
Arm & Hammer Tooth Powder	8
Arm & Hammer Dental Care	35
Oxyfresh	45
Tom's of Maine Sensitive	49
Arm & Hammer Peroxicare	49
Rembrandt Original	53
CloSYS	53
Tom's of Maine Children's	57
Colgate Regular	68
Colgate Total	70
Sensodyne	79
Aim	80
Colgate Sensitive Max Strength	83
Aquafresh Sensitive	91
Tom's of Maine Regular	93
Crest Regular	95
Mentadent	103
Sensodyne Extra Whitening	104
Colgate Platinum	106
Crest Sensitivity	107
Colgate Herbal	110
Aquafresh Whitening	113
Arm & Hammer Tarter Control	117
Arm & Hammer Advance White Gel	117
Close-up with Baking Soda	120
Colgate Whitening	124
Crest Extra Whitening	130
Ultra Brite	133
Crest MultiCare Whitening	144
Colgate Baking Soda Whitening	145
Pepsodent	150
Colgate Tarter Control	165
Colgate 2-in-1 Tarter Control/White	200
FDA Recommended Limit	200
ADA Recommended Limit	250

**The RDA table:**  
 0-70 = low abrasive  
 70-100 = medium abrasive  
 100-150 – highly abrasive  
 150-250 = regarded as harmful limit

*Data from Dr. David L. Duke*