

Toothpaste Abrasiveness Ranked by Relative Dentin Abrasion Value (RDA)



The RDA Table	
0-70	Low Abrasive
71-100	Medium Abrasive
101-150	Highly Abrasive
151-250	Regarded as Harmful Limit

Toothpaste	RDA
Toothbrush with plain water	4
Plain Baking soda	7
Arm & Hammer Tooth Powder	8
Enamelon Treatment Gel	8
Sensodyne ProNamel (non whitening varieties)	34-37
Enamelon Toothpaste	39
Arm & Hammer Dental Care (various)	49-55
Arm & Hammer Peroxicare Regular	42
Oxyfresh	45
Tom's of Maine Sensitive	49
Squiggle Enamel Saver	45-55
Rembrant Original	53
Tom's of Maine Childrens	57
Colgate Sensitive Enamel Protect	63
Arm & Hammer Complete- Enamel Strengthening	65
Colgate Regular	68
Colgate Total Regular (contains triclosan)	70
Arm & Hammer Advance White Sensitive	70
Pepsodent Complete Care Original	70
Squiggle Tooth Builder	70-80
Colgate 2-in-1 Fresh Mint	70
Biotene	78
Sensodyne Original	79
Close up	80
Arm & Hammer Complete Care Extra Whitening	81
Colgate Sensitive Max Strength	83
Sensodyne ProNamel Gentle Whitening	83-100
Sensodyne Fresh Mint	90
Aquafresh Sensitive	91
Sensodyne Cool Gel	92

Tom's of Maine Regular	93
Rembrant Plus	94
Sensodyne Fresh Impact	94
Oxyfresh with Fluoride	95
Aim Cavity Protection	95
Crest Regular	95
Sensodyne Tartar Control Whitening	100
Natural White	101
Arm & Hammer Sensation	103
Sensodyne Extra Whitening	104
Arm & Hammer Advance White	106
Colgate Platinum	106
Crest Sensitivity Protection	107-126
Crest Baking Soda and Peroxide Whitening	107
Crest Kids	108
Crest Cavity Protection	108
Colgate Herbal	110
Aquafresh Whitening	113
Arm & Hammer Advance White Gel	117
Crest Multicare, Extra Whitening, Tartar Protection	117-125
Colgate Total Whitening	120-150
Sensodyne Extra and Plus Whitening (Various)	125-126
Ultra Brite	133
Crest Pro-Health Night	140
Ultra Brite Advance Whitening	145
Crest Pro Health	160-180
Colgate Tartar Control	165
Arm & Hammer Dental Care PM Fresh Mints	178
Colgate Total Gum Defense	165-185
Colgate Total Advanced Whitening	180+200
Crest Vivid White	187
Colgate 2-in-1 Tartal control/Whitening	200
FDA RECOMMENDED UPPER LIMIT	200
American Dental Association Upper Limit	250

The above chart was compiled from multiple sources including various manufacturers. Since toothpaste formulas and marketing names change, the RDA numbers may exactly not match all products currently available.

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