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Abrasive Toothpaste Index

Toothpaste	RDA value	Product	RDA value
Livionex	0.0	Closys	53.0
Toothbrush with Palin Water	4.0	Arm & Hammer Dental Care PM Bold Mint	54.0
Plain Baking Soda	7.0	PerioScience White Care	57.0
Arm & Hammer Tooth Powder	8.0	Tom's of Maine Children's	57.0
Weleda Salt Toothpaste	15.0	Biotene Gel	60.0
CariFree CTx4 Gel 1100/5000	18.5	Clinpro 5000	62.0
CariFree CTx3 Gel	18.5	Supersmile	62.0
Elmex Sensitive Plus	30.0	Rembrandt Mint	63.0
Weleda Plant Tooth Gel	30.0	Colgate Prevident 5000 Plus	65.0
Pronamel	34.0	Colgate Enamel Care Advanced Whitening	65.0
Arm & Hammer Dental Care	35.0	Crest with Scope Whitening	65.0
Weleda Children's Tooth Gel	40.0	Colgate Regular	68.0
Arm & Hammer Mentadent Advance Whitening	42.0	Colgate Total	70.0
Squiggle Enamel Saver	44.0	Arm & Hammer Advance White Sensitive	70.0
Weleda Calendula Toothpaste	45.0	Colgate 2-in-1 Fresh Mint	70.0
Weleda Pink Toothpaste with Ratanhia	45.0	Crest Rejuvenating Effects Liquid Gel	74.0
Oxyfresh	45.0	Prevident 5000 Booster	75.0
Arm & Hammer Dental Care Sensitive	48.0	Sensodyne	79.0
Tom's of Maine Sensitive	49.0	AIM	80.0
Arm & Hammer Peroxicare Tartar Control	49.0	Biotene Paste with Fluoride	80.0
Crest White Scope	51.0	Colgate Sensitive Max Strength	83.0
Arm & Hammer Peroxicare Regular	52.0	Aquafresh Sensitive	91.0
Healthy Teeth & Gums	52.0	Tom's of Maine Regular	93.0
Rembrandt Original	53.0		

Rembrandt Plus	94
Plus	94
Oxyfresh with Fluoride	95
Crest Regular	95
Oxyfresh Powder	97
Colgate Enamel Care Natural Whitening	100
Colgate Optic White	100
Natural White	101
Mentadent	103
Arm & Hammer Sensation	103
Sensodyne Extra Whitening	104
Colgate Platinum	106
Arm & Hammer Advance White- Extreme Whitening	106
Crest Sensitivity Protection	10
Tapex Renew	109
Colgate Tartar Control with Baking Soda and Peroxide	109
Colgate Herbal	110
Amway Glister	110
Aquafresh Whitening	113
Arm & Hammer Advance White Gel	117
Arm & Hammer Sensation Tartar Control	117
Flouridex Daily Defense	117
Close Up with Baking Soda	120
Crest Extra Whitening with Tartar Protection	120
Colgate Whitening	124
Crest Maximum Sensitivity	126

Crest Extra Whitening	130
Ultra Brite	133
Crest Multicare Fresh Mint	139
Crest Pro-Health	140
Crest Multicare Whitening	144
Colgate Baking Soda Whitening	145
Ultra Brite Advanced Whitening Formula	146
Pepsodent	150
Crest Rejuvenating Effects	155
Colgate Tartar Control	165
Colgate Luminous	175
Colgate 2-in-1 Tartar Control/White	200
FDA Recommended Limit	200
ADA recommended Limit	250

The RDA table:

0-70 =Low Abrasive

70-100=Medium abrasive

150-250= Regarded as harmful limit