

Baking Soda has Low Abrasivity^{2,6}

Relative Dentin Abrasivity (RDA) Comparison of Common Toothpastes

		% Baking Soda
Baking Soda ^{5,7}	● 7	100%
ARM & HAMMER™ PeroxiCare™⁸	● 44	50%
ARM & HAMMER™ Sensitive⁸	● 45	45%
ARM & HAMMER™ Advance White™⁸	● 47	50%
TheraBreath® Fresh Breath ⁸	● 51	—
Colgate® Optic White® Renewal ⁸	● 54	—
Sensodyne® Pronamel® Mineral Boost ⁸	● 57	—
TheraBreath® PLUS Toothpaste ⁸	● 68	—
Burt's Bees® Enamel Care (Sodium Fluoride) ⁸	● 73	—
TheraBreath® Charcoal Whitening ⁸	● 75	—
Colgate® Cavity Protection ⁸	● 75	—
Aim™ Cavity Protection Gel ⁸	● 87	—
Hello® Activated Charcoal ⁸	● 88	—
Sensodyne® Repair & Protect (Stannous Fluoride) ⁸	● 95	—
Burt's Bees® Purely White Zen (Fluoride-Free) ⁸	● 95	—
Paradontax™ Whitening Complete Protection ⁸	● 99	—
ARM & HAMMER™ Fresh Breath⁸	● 105	20%
ARM & HAMMER™ Complete Care™⁸	● 111	20%
ARM & HAMMER™ Plus Therabreath™	● 111	20%
Hello® Antiplaque & Whitening ⁸	● 115	—
Crest® Cavity Protection ⁸	● 118	—
Tom's of Maine® Activated Charcoal ⁸	● 118	—
Crest® Pro-Health™ Gum Detoxify™ ⁸	● 121	—
Sensodyne® Pronamel® Alpine Breeze ⁸	● 121	—
Crest® Baking Soda & Peroxide ^{8,9}	● 127	<10%
Colgate® Baking Soda & Peroxide ^{8,9}	● 134	<10%
Tom's of Maine® Whole Care ^{8,9}	● 139	<10%
Sensodyne® Extra Whitening ⁸	● 147	—
Hello® Naturally Whitening Fluoride Toothpaste ⁸	● 152	—
Tom's of Maine® Antiplaque & Whitening ^{8,9}	● 153	<10%
ARM & HAMMER™ Enamel Defense⁸	● 154	35%
Colgate® Total ^{SF} Whitening ⁸	● 175	—
Colgate® Total ^{SF} Advanced Whitening ⁸	● 182	—
FDA Recommended Maximum^{7,10}	● 200	—
Crest® Pro-Health™ Advanced ⁸	● 201	—
Crest® 3D White™ Brilliance ⁸	● 204	—
Colgate® Optic White® with Charcoal ⁸	● 214	—
ADA Recommended Maximum^{7,10}	● 250	—

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