



Toothpaste Abrasiveness Ranked by RDA (Relative Dentin Abrasion) Value

RDA	Toothpaste Name	RDA	Toothpaste Name
4	Toothbrush with plain water	95	Oxyfresh with Fluoride
7	Plain baking soda	100	Sensodyne Original
8	Arm and Hammer Tooth Powder	100	Sensodyne Tartar Control Whitening
15	Weleda Salt Toothpaste	101	Natural White
30	Elmex Sensitive Plus	103	Arm & Hammer Sensation
30	Weleda Tooth Products	104	Sensodyne Extra Whitening
34	ProNamel by Senyodyne	106	Arm & Hammer Advance White
35	Arm & Hammer Dental Care	107	Crest Sensitivity Protection
42	Arm & Hammer Advanced Whitening/Peroxide	107	Sensodyne Full Protection Whitening
45	Weleda Candula Toothpaste	110	Crest Regular
45	Weleda Pink toothpaste with Ratanhia	110	Prevident 5000 Booster
45	OxyFresh	110	Colgate Herbal
48	Arm & Hammer Dental Care Sensitive	113	Aquafresh Whitening
49	Tom's of Maine Sensitive	117	Arm & Hammer Advance White Gel
52	Arm & Hammer Peroxicare Regular	117	Arm & Hammer Sensation Tartar Control
53	Rembrandt Original	120	Close Up with Baking Soda
53	Closys	124	Crest Sensitivity Whitening + Scope
54	Arm & Hammer Sensitive + Whitening	124	Colgate Whitening
54	Arm & Hammer Dental Care PM Bold Mint	130	Crest Extra Whitening
57	Tom's of Maine Childrens Toothpaste	133	Ultra Brite
63	Colgate Sensitive Enamel Protect	140	Crest Pro Health Night
63	Rembrandt Mint	142	Colgate Total Whitening
65	ClinPro	145	Crest Pro Health Enamel Shield
68	Colgate Regular	145	Ultra Bite Advanced Whitening
70	Colgate Total	150	Pepsodent
70	Arm & Hammer Advance White Sensitive	152	Crest Sensitive Whitening
70	Colgate 2-in-1 Fresh Mint	155	Crest Pro Health
78	Biotene	160	Colgate Advanced Fresh
79	Sensodyne	162	Crest Pro Health Whitening
80	Close Up	165	Colgate Tartar Control
83	Colgate Sensitive Max Stength	168	Arm & Hammer Dental Care PM Fresh Mint
84	Tom's of Maine	176	Nature's Gate Paste
85	Dentisse	200	Colgate 2-in-1 Tartar Control/Whitening
85	Rembrandt Intense Stain	200	FDA upper limit
87	Nature's Gate	250	ADA upper limit
90	Sensodyne Fresh Mint		The RDA Table:
91	Aquafresh Sensitive	0-70	Low Abrasive
92	Sensodyne Cool Gel	71-100	Medium Abrasive
94	Rembrandt Plus	101-150	Highly Abrasive
94	Sensodyne Fresh Impact	151-250	Regarded as Harmful Limit

*The data from this chart was compiled from various sources including independent research and company literature