# Toothpaste Abrasiveness Ranked by Relative Dentin Abrasion Value (RDA)

## The RDA Table

<table>
<thead>
<tr>
<th>RDA</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-70</td>
<td>Low Abrasive</td>
</tr>
<tr>
<td>71-100</td>
<td>Medium Abrasive</td>
</tr>
<tr>
<td>101-150</td>
<td>Highly Abrasive</td>
</tr>
<tr>
<td>151-250</td>
<td>Regarded as Harmful Limit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Toothpaste</th>
<th>RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toothbrush with plain water</td>
<td>4</td>
</tr>
<tr>
<td>Plain Baking soda</td>
<td>7</td>
</tr>
<tr>
<td>Arm &amp; Hammer Tooth Powder</td>
<td>8</td>
</tr>
<tr>
<td>Enamelon Treatment Gel</td>
<td>8</td>
</tr>
<tr>
<td>Sensodyne ProNamel (non whitening varieties)</td>
<td>34-37</td>
</tr>
<tr>
<td>Enamelon Toothpaste</td>
<td>39</td>
</tr>
<tr>
<td>Arm &amp; Hammer Dental Care (various)</td>
<td>49-55</td>
</tr>
<tr>
<td>Arm &amp; Hammer Peroxicare Regular</td>
<td>42</td>
</tr>
<tr>
<td>Oxyfresh</td>
<td>45</td>
</tr>
<tr>
<td>Tom's of Maine Sensitive</td>
<td>49</td>
</tr>
<tr>
<td>Squiggle Enamel Saver</td>
<td>45-55</td>
</tr>
<tr>
<td>Rembrant Original</td>
<td>53</td>
</tr>
<tr>
<td>Tom's of Maine Childrens</td>
<td>57</td>
</tr>
<tr>
<td>Colgate Sensitive Enamel Protect</td>
<td>63</td>
</tr>
<tr>
<td>Arm &amp; Hammer Complete- Enamel Strengthening</td>
<td>65</td>
</tr>
<tr>
<td>Colgate Regular</td>
<td>68</td>
</tr>
<tr>
<td>Colgate Total Regular (contains triclosan)</td>
<td>70</td>
</tr>
<tr>
<td>Arm &amp; Hammer Advance White Sensitive</td>
<td>70</td>
</tr>
<tr>
<td>Pepsodent Complete Care Original</td>
<td>70</td>
</tr>
<tr>
<td>Squiggle Tooth Builder</td>
<td>70-80</td>
</tr>
<tr>
<td>Colgate 2-in-1 Fresh Mint</td>
<td>70</td>
</tr>
<tr>
<td>Biotene</td>
<td>78</td>
</tr>
<tr>
<td>Sensodyne Original</td>
<td>79</td>
</tr>
<tr>
<td>Close up</td>
<td>80</td>
</tr>
<tr>
<td>Arm &amp; Hammer Complete Care Extra Whitening</td>
<td>81</td>
</tr>
<tr>
<td>Colgate Sensitive Max Strength</td>
<td>83</td>
</tr>
<tr>
<td>Sensodyne ProNamel Gentle Whitening</td>
<td>83-100</td>
</tr>
<tr>
<td>Sensodyne Fresh Mint</td>
<td>90</td>
</tr>
<tr>
<td>Aquafresh Sensitive</td>
<td>91</td>
</tr>
<tr>
<td>Sensodyne Cool Gel</td>
<td>92</td>
</tr>
<tr>
<td>Product Description</td>
<td>RDA</td>
</tr>
<tr>
<td>----------------------------------------------------------</td>
<td>-----</td>
</tr>
<tr>
<td>Tom's of Maine Regular</td>
<td>93</td>
</tr>
<tr>
<td>Rembrant Plus</td>
<td>94</td>
</tr>
<tr>
<td>Sensodyne Fresh Impact</td>
<td>94</td>
</tr>
<tr>
<td>Oxyfresh with Fluoride</td>
<td>95</td>
</tr>
<tr>
<td>Aim Cavity Protection</td>
<td>95</td>
</tr>
<tr>
<td>Crest Regular</td>
<td>95</td>
</tr>
<tr>
<td>Sensodyne Tartar Control Whitening</td>
<td>100</td>
</tr>
<tr>
<td>Natural White</td>
<td>101</td>
</tr>
<tr>
<td>Arm &amp; Hammer Sensation</td>
<td>103</td>
</tr>
<tr>
<td>Sensodyne Extra Whitening</td>
<td>104</td>
</tr>
<tr>
<td>Arm &amp; Hammer Advance White</td>
<td>106</td>
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<tr>
<td>Colgate Platinum</td>
<td>106</td>
</tr>
<tr>
<td>Crest Sensitivity Protection</td>
<td>107-126</td>
</tr>
<tr>
<td>Crest Baking Soda and Peroxide Whitening</td>
<td>107</td>
</tr>
<tr>
<td>Crest Kids</td>
<td>108</td>
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<tr>
<td>Crest Cavity Protection</td>
<td>108</td>
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<tr>
<td>Colgate Herbal</td>
<td>110</td>
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<tr>
<td>Aquafresh Whitening</td>
<td>113</td>
</tr>
<tr>
<td>Arm &amp; Hammer Advance White Gel</td>
<td>117</td>
</tr>
<tr>
<td>Crest Multicare, Extra Whitening, Tartar Protection</td>
<td>117-125</td>
</tr>
<tr>
<td>Colgate Total Whitening</td>
<td>120-150</td>
</tr>
<tr>
<td>Sensodyne Extra and Plus Whitening (Various)</td>
<td>125-126</td>
</tr>
<tr>
<td>Ultra Brite</td>
<td>133</td>
</tr>
<tr>
<td>Crest Pro-Health Night</td>
<td>140</td>
</tr>
<tr>
<td>Ultra Brite Advance Whitening</td>
<td>145</td>
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<tr>
<td>Crest Pro Health</td>
<td>160-180</td>
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<tr>
<td>Colgate Tartar Control</td>
<td>165</td>
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<tr>
<td>Arm &amp; Hammer Dental Care PM Fresh Mints</td>
<td>178</td>
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<tr>
<td>Colgate Total Gum Defense</td>
<td>165-185</td>
</tr>
<tr>
<td>Colgate Total Advanced Whitening</td>
<td>180+200</td>
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<tr>
<td>Crest Vivid White</td>
<td>187</td>
</tr>
<tr>
<td>Colgate 2-in-1 Tartal control/Whitening</td>
<td>200</td>
</tr>
<tr>
<td>FDA RECOMMENDED UPPER LIMIT</td>
<td>200</td>
</tr>
<tr>
<td>American Dental Association Upper Limit</td>
<td>250</td>
</tr>
</tbody>
</table>

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.

George A. Barth, DMD, Mark J. Danner, DMD