



Tooth Paste	RDA	Fluoride	Detergent	Sweetener	Antibacterial	Whitener	Desensitizer	Stain Removal
Livionex	0	No	No	Stevia	No	No	No	No
Tooth Brush with Plain Water	4	No	No	No	No	No	No	No
Plain Baking Soda	7	No	No	No	No	No	No	Baking Soda
Weleda Salt Toothpaste	15	No	No	No	No	Alcohol	No	No
CariFree CTx3 Gel - Grape	18.5	No	No	No	No	No	No	Baking Soda
CariFree CTx4 Gel 1100/5000	18.5	Yes	SLS	Xylitol	No	No	No	Baking Soda & Hydrated Silica
Elmex Sensitive Plus	30	No	SLS	Sucralose	No	No	No	No
Weleda Plant Gel Toothpaste	30	No	No	No	No	Alcohol	No	Hydrated Silica
Sensodyne Pronamel Mint Essence	34	Yes	No	Saccharine	No	No	KNO ₃	Hydrated Silica
Weleda Children's Tooth Gel	40	No	No	No	No	No	No	No
Tom's of Maine Baking Soda Cavity Protection	41	Yes	SLS	Xylitol	No	No	No	Baking Soda
Tom's of Maine Fluoride Free	41	No	SLS	Xylitol	No	No	No	Baking Soda
Tom's of Maine Fluoride Free with Propolis & Myrrh	41	No	SLS	Xylitol	No	No	No	No
Tom's of Maine Simply White with Fluoride	41	Yes	SLS	Xylitol	No	No	No	No
Arm & Hammer Dental Care Advance Cleaning	42	Yes	SLS	Saccharine	No	No	No	Baking Soda
Squigle Enamel Saver	44	Yes	No	Xylitol	Calcium Propionate	No	Lactoferrin	No
Oxyfresh Original	45	No	SLS	Sucralose	No	No	No	No
Weleda Calendula Toothpaste	45	No	No	No	No	Alcohol	No	No
Weleda Pink Toothpaste with Ratanhia	45	No	No	No	No	Alcohol	No	No
Tom's of Maine Fluoride Free for Sensitive Teeth	49	No	SLS	Xylitol	No	No	KNO ₃	Hydrated Silica
Tom's of Maine Max Strength for Sensitive Teeth with Fluoride	49	Yes	SLS	Xylitol	No	No	KNO ₃	Hydrated Silica
Arm & Hammer PeroxiCare Healthy Gums	52	Yes	SLS	Saccharine	No	No	No	Baking Soda
Natural Dentist Health Teeth & Gums	52	Yes	No	Xylitol	No	No	No	Hydrated Silica
CloSYS	53	Yes	No	Sucralose	No	No	No	Hydrated Silica
Rembrandt Original	53	Yes		Saccharine	No		KNO ₃	
Squigle Tooth Builder	55	No	No	Xylitol	Calcium Propionate	No	KNO ₃	No
PerioSciences AO ProToothpaste	57	No	No	No	No	No	No	No
Tom's of Maine for Children	57	No	No	Xylitol	No	No	No	Hydrated Silica
ClinPro 5000	62	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Supersmile Whitening Fluoride Toothpaste	62	Yes	SLS	Saccharine	No	No	No	No
Rembrandt Extra Gentle Mint	63	Yes	No	Xylitol	No	Aluminum Hydroxide	No	
Colgate Cavity Protection Gel	65	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Colgate Cavity Protection Paste	65	Yes	SLS	Saccharine	No	No	No	No
Colgate Enamel Health Whitening	65	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Colgate Prevident 5000 Plus	65	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest Complete Whitening with Scope	65	Yes	SLS	Saccharine	Cetylpyri Dinum Chloride & Alcohol	No	No	Hydrated Silica
Colgate Regular	68	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Arm & Hammer Advance Sensitive Whitening	70	Yes	SLS	Saccharine	No	No	No	Baking Soda
Colgate Total Clean Mint	70	Yes	SLS	Saccharine	Triclosan	No	No	Hydrated Silica
Colgate Prevident 5000 Booster	75	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest Baking Soda & Peroxide Whitening with Tartar Protection	75	Yes	SLS	No	Peroxide	No	No	Baking Soda
Aim	80	Yes	SLS	Saccharine	No	No	No	Baking Soda & Hydrated Silica
Biotene Paste with Fluoride	80	Yes	No	Saccharine	No	No	No	Hydrated Silica
Colgate Sensitive Maximum Strength	83	Yes	SLS	Saccharine	No	No	KNO ₃	Hydrated Silica
Aquafresh Fluoride	91	Yes	SLS	Saccharine	No	No	No	Baking Soda & Hydrated Silica
Aquafresh Sensitive	91	Yes	SLS	Saccharine	No	No	KNO ₃	Hydrated Silica
Tom's of Maine Natural Anticavity Fluoride	93	Yes	SLS	Xylitol	No	No	No	Hydrated Silica
Tom's of Maine Whole Care with Fluoride	93	Yes	SLS	Xylitol	No	No	No	Hydrated Silica
Tom's of Maine Wicked Fresh	93	Yes	SLS	Xylitol	No	No	No	Hydrated Silica
Plus White	94	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Rembrandt Plus	94	Yes	SLS	Saccharine	No	Aluminum Hydroxide & Peroxide	No	Hydrated Silica
Crest Cavity Protection Cool Mint Gel	95	Yes	SLS	No	No	No	Yes	Hydrated Silica
Crest Cavity Protection Paste (Regular)	95	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Oxyfresh with Fluoride	95	Yes	SLS	Sucralose	No	No	No	No



Tooth Paste	RDA	Fluoride	Detergents	Sweetener	Antibacterial	Whiteners	Desensitizer	Stain Removal
Sensodyne Anticavity for Sensitive Teeth with Fluoride	96	Yes	SLS	Saccharine	No	No	KNO ₃	Hydrated Silica
Sensodyne Fresh Impact	96	Yes	SLS	Saccharine	No	No	KNO ₃	Hydrated Silica
Sensodyne Anticavity for Sensitive Teeth with Baking Soda	98	Yes	SLS	Saccharine	No	No	KNO ₃	Baking Soda & Hydrated Silica
Sensodyne Anticavity Toothpaste for Sensitive Teeth	98	Yes	SLS	Saccharine	No	No	KNO ₃	Hydrated Silica
Colgate Optic White	100	Yes	SLS	Saccharine	No	Peroxide	No	Hydrated Silica
Natural White	101	No	No	Saccharine	No	No	No	Hydrated Silica
Mentadent Advanced Care with Baking Soda and Peroxide	103	Yes	SLS	Saccharine	Alcohol	Peroxide	No	Baking Soda & Hydrated Silica
Mentadent Toothpaste Advanced Cleaning	103	Yes	SLS	Saccharine	Alcohol	Peroxide	No	Baking Soda & Hydrated Silica
Sensodyne Extra Whitening	104	Yes	SLS	Saccharine	No	Peroxide	KNO ₃	Baking Soda & Hydrated Silica
Aquafresh Triple Protection	105	Yes	SLS	Saccharine	No	No	No	Baking Soda & Hydrated Silica
Arm & Hammer Advance White Extreme Whitening	106	Yes	SLS	Saccharine	No	No	No	Baking Soda
Colgate Platinum	106	Yes	SLS	Saccharine	No	Peroxide	No	Hydrated Silica
Crest Sensitivity Protection Whitening Plus Scope	107	Yes	SLS	Sucralose	Cetylpyri Dinum Chloride & Alcohol	No	KNO ₃	Hydrated Silica
Topex Renew	109	Yes	SLS	No	No	No	No	No
Amway Glistler	110	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Aqua fresh All Tartar Control	110	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Colgate Total Enamel Strength	110	Yes	SLS	Saccharine	Triclosan	No	No	Hydrated Silica
Sensodyne for Sensitive Teeth, Tartar Control Plus Whitening	110	Yes	SLS	Saccharine	No	No	KNO ₃	Hydrated Silica
Aquafresh Multi Action Whitening	113	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Aquafresh Whitening With Fluoride	113	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Fluoridex Daily Defense	117	Yes	SLS	Saccharine	No	No	KNO ₃	No
Aquafresh Striped Gel Whitening	119	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Close Up with Baking Soda	120	Yes	SLS	Saccharine	No			
Colgate Simply White Advanced Whitening	124	Yes	SLS	Saccharine	No	Peroxide	No	Hydrated Silica
Ultra Brite Toothpaste	133	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest MultiCare	139	Yes	SLS	Saccharine	No	No	No	Baking Soda
Crest Pro-Health	140	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest MultiCare Whitening Fluoride Anticavity	144	Yes	SLS	Xylitol	No	No	No	Baking Soda
Crest Nature's Expression, Mint Tea Plus Green Tea Extract	144	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest Pro-Health Night Toothpaste	144	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest Tartar Control	144	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest Tartar Protection Fresh Mint Gel	144	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Colgate Baking Soda and Peroxide Whitening	145	Yes	SLS	Saccharine	No	No	No	Baking Soda & Hydrated Silica
Ultra Brite Advanced Whitening	146	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Ultra Brite Baking Soda & Peroxide Whitening	146	Yes	SLS	Saccharine	No	Peroxide	No	Baking Soda & Hydrated Silica
Pepsodent Complete Care	150	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest Pro-Health Whitening	166	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Crest Sensitivity Protection Extra Whitening	168	Yes	SLS	Sucralose	Cetylpyri Dinum Chloride & Alcohol	No	KNO ₃	Hydrated Silica
Colgate Tartar Control Whitening Mint	170	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Colgate Luminous	175	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Colgate MaxFresh with Mini Breath Strips	175	Yes	No	Saccharine	No	No	No	Hydrated Silica
Colgate Total Gum Defense	175	Yes	SLS	Saccharine	Triclosan	No	No	Hydrated Silica
Colgate Total Whitening Gel	175	Yes	SLS	Saccharine	Triclosan	No	No	Hydrated Silica
Colgate Total Whitening Paste	175	Yes	SLS	Saccharine	Triclosan)	No	No	Hydrated Silica
Colgate Total Advanced Fresh + Whitening Gel	190	Yes	SLS	Saccharine	Triclosan	No	No	Hydrated Silica
Colgate Total Advanced Fresh + Whitening Toothpaste	190	Yes	SLS	Saccharine	Triclosan	No	No	Hydrated Silica
Colgate 2-in-1 Whitening	200	Yes	SLS	Saccharine	No	No	No	Hydrated Silica
Cool Wave Fresh Mint Gel Fluoride Anticavity	200	Yes	SLS	No	No	No	No	Hydrated Silica

The RDA values:

0-70 = low abrasive

70-100 = medium abrasive

100-150 – highly abrasive

150-250 = regarded as harmful limit