



Toothpaste	RDA Value	Toothpaste	RDA Value
Livionex	0	Rembrandt Plus	94
Toothbrush with plain water	4	Plus White	94
Plain baking soda	7	Oxyfresh with Fluoride	95
Arm & Hammer Tooth Powder	8	Crest Regular	95
Weleda Salt Toothpaste	15	Oxyfresh Powder	97
CariFree CTx4 Gel 1100/5000	18.5	Colgate Enamel Care Natural Whitening	100
CariFree CTx3 Gel	18.5	Colgate Optic White	100
Elmex Sensitive Plus	30	Natural White	101
Weleda Plant Tooth Gel	30	Mentadent	103
Pronamel	34	Arm & Hammer Sensation	103
Arm & Hammer Dental Care	35	Sensodyne Extra Whitening	104
Weleda Children's Tooth Gel	40	Colgate Platinum	106
Arm & Hammer Mentadent Advance Whitening	42	Arm & Hammer Advance White Extreme Whitening	106
Squiggle Enamel Saver	44	Crest Sensitivity Protection	107
Weleda Calendula Toothpaste	45	Topex ReNew	109
Weleda Pink Toothpaste with Ratanhia	45	Colgate Tartar Control with Baking Soda and Peroxide	109
Oxyfresh	45	Colgate Herbal	110
Arm & Hammer Dental Care Sensitive	48	Amway Glister	110
Tom's of Maine Sensitive	49	Aquafresh Whitening	113
Arm & Hammer Peroxicare Tartar Control	49	Arm & Hammer Advance White Gel	117
Crest with Scope	51	Arm & Hammer Sensation Tartar Control	117
Arm & Hammer Peroxicare Regular	52	Fluoridex Daily Defense	117
Healthy Teeth & Gums	52	Close Up with Baking Soda	120
Rembrandt Original	53	Crest Extra Whitening with Tartar Protection	120
Closys	53	Colgate Whitening	124
Arm & Hammer Dental Care PM Bold Mint	54	Crest Maximum Sensitivity	126
PerioSciences White Care	57	Crest Extra Whitening	130
Tom's of Maine Children's	57	Ultra Brite	133
Biotene Gel	60	Crest MultiCare Fresh Mint	139
Clinpro 5000	62	Crest Pro-Health	140
Supersmile	62	Crest Multicare Whitening	144
Rembrandt Mint	63	Colgate Baking Soda Whitening	145
Colgate Prevident 5000 Plus	65	Ultra Brite Advanced Whitening Formula	146
Colgate Enamel Care Advanced Whitening	65	Pepsodent	150
Crest with Scope Whitening	65	Crest Rejuvenating Effects	155
Colgate Regular	68	Colgate Tartar Control	165
Colgate Total	70	Colgate Luminous	175
Arm & Hammer Advance White Sensitive	70	Colgate 2-in-1 Tartar Control/White	200
Colgate 2-in-1 Fresh Mint	70	FDA Recommended Limit	200
Crest Rejuvenating Effects Liquid Gel	74	ADA Recommended Limit	250
Prevident 5000 Booster	75		
Sensodyne	79		
Aim	80	The RDA table:	
Biotene Paste with Fluoride	80	0-70 = low abrasive	
Colgate Sensitive Max Strength	83	70-100 = medium abrasive	
Aquafresh Sensitive	91	100-150 = highly abrasive	
Tom's of Maine Regular	93	150-250 = regarded as harmful limit	