



The RDA (Relative Dentin Abrasion) Value  
Common Toothpastes/Gels

Abrasive Value	Name of Toothpaste
4	Toothbrush with plain water
7	Plain Baking Soda
7	Arm and Hammer Tooth powder
23	Biotene Drymouth toothpaste
34	Sensodyne ProNamel
35	Arm & Hammer Dental Care
39	Enamelon TP with ACP
42	Arm & Hammer Peroxicare
42	Arm & Hammer Advance White
45	Oxyfresh
49	Tom's of Maine Sensitive
49	Arm & Hammer Peroxicare Tartar
53	Rembrandt Original and WT
53	Closys II
54	Arm & Hammer Sensitive Whitening
54	Arm & Hammer Dental Care PM Mint
55	Rembrandt Tartar Control Paste
55	Biotene Sensitive
57	Tom's of Maine Children Nat. F12
57	Arm & Hammer Dental Care smooth
62	Arm & Hammer Dental care gel
63	Colgate Sensitive Enamel
63	Rembrandt Mint
63	Biotene Regular
65	Aquafresh Baking Soda
65	Arm & Hammer Enamel Care
67	Sensodyne BS
68	Colgate Regular gel/paste
68	ClinPro 5000 1.1%

68	Tom's of Maine Sens. Rapid Relief
70	Colgate Total
70	Arm & Hammer Advance White Sens
70	Colgate 2 in 1 Fresh Mint
70	Squiggle
77	Colgate for kids gel/paste
78	Biotene paste/gel
79	Sensodyne Regular
80	Crest Kids Sparkle
80	Aim Cavity Protection
80	Close-up baking soda
80	Denta5000 Plus
80	Pepsodent with BS
80	Prevident 5000 Plus
83	Colgate Sensitive Max Strength
84	Tom's of Maine
85	Biotene Sensitive
85	Listerine EC paste/gel
85	Rembrandt Intense Stain
85	Close up anti-plaque
87	Colgate Tartar Control Gel
90	Shane AloeSense
90	Prevident Sens.
90	Pro-Dentx
90	Tom's of Main Tartar Control WT
90	Listerine EC TC Gel/Paste
91	Aquafresh Sensitive
92	Sensodyne Cool Gel
92	Colgate BS and Peroxide paste
93	Tom's of Maine Natural F12
94	Rembrandt Plus
94	Sensodyne Fresh Impact
95	Oxyfresh with Fluoride
95	Crest Regular Paste/gel
95	Kid's Crest
98	Close Up Tartar Control
100	Sensodyne Tartar control whitening
103	Arm & Hammer Sensation
103	Mentadent
104	Sensodyne Repair and Protect
106	Arm & Hammer Advance cleaning
106	Colgate Platinum
107	Crest Sensitivity Protection
107	Sensodyne Full Protection Whitening
108	Aqua-Fresh F1 Protection
108	Aim Tartar Control
109	Topex Renew

110	Prevident 5000 Booster /Dry Mouth
110	Colgate Herbal
110	Amway Glister
113	Aquafresh Whitening
117	Arm & Hammer Advance White Gel
117	Arm & Hammer Sensation Tartar
118	Mentadent BS and HP combo
118	Gleem
120	Colgate with baking soda
124	Colgate Whitening
124	Crest Sensitivity Whitening with Scope
124	Aquafresh Tartar Control
130	Crest Extra Whitening
130	Crest Pro Health with Scope
133	Ultra Brite
140	Crest Pro Health for Life
142	Colgate Total Whitening
144	Crest Multicare Whitening
145	Crest Pro Health Enamel Shield
145	Ultra Brite Advanced Whitening
145	Colgate Baking Soda Whitening
150	Pepsodent
152	Crest Sensitive Whitening
155	Crest Pro Health
160	Colgate Total Advanced Fresh
162	Crest Pro Health Whitening
165	Colgate Tartar Control
168	Arm & Hammer Dental Care PM Fresh Mint
190	Colgate Sparkling White TC
200	Colgate 2 in 1 Tartar Control Whitening
205	Crest 3D white vivid
210	Colgate Adv. Cleaning Plus WT
227	Topol's smokers toothpaste
200	FDA upper limit
250	ADA upper limit

0-70        Low Abrasive  
71-100     Medium Abrasive  
101-150    Highly Abrasive  
151-250    Regarded as Harmful Limit

Data was compiled from various sources including independent research companies and company literature.