

Toothpaste Abrasion Chart

RDA	(Relative Dentin Abrasivity)	RDA	(Relative Dentin Abrasivity)
Very Low Abrasive		91	Aquafresh Sensitive
04	Toothbrush with plain water	93	Tom's of Maine Regular
07	Straight baking soda	94	Rembrant Plus
08	Arm & Hammer Tooth Powder	95	Crest Regular
15	Weleda Salt Toothpaste	95	Oxyfresh with Fluoride
18	CTx4 Gel	97	Oxyfresh Powder
30	Elmex Sensitive Plus	High Abrasive	
30	Weleda Plant Tooth Gel	100	Colgate Optic White
35	Arm & Hammer Dental Care	101	Natural White
37	Sensodyne ProNamel	103	Mentadent
Low Abrasive		103	Arm & Hammer Sensation
40	Weleda Children's Tooth Gel	104	Sensodyne Extra Whitening
42	Arm and Hammer Metadent Advanced Whitening	106	Colgate Platinum
42	Arm and Hammer Peroxicare	106	Arm & Hammer Advance White Paste
45	Weleda Calendula Toothpaste	107	Crest Sensitivity Protection
45	Oxyfresh	110	Closeup Paste/Gel
48	Arm & Hammer Dental Care Sensitive	110	Colgate Herbal
49	Arm & Hammer Peroxicare Tartar Control	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	Rembrant Original	120	Close-Up with Baking Soda
54	Arm & Hammer Sensitive Whitening	120	Colgate Baking Soda Paste
54	Arm & Hammer Sensitive Freshening	124	Colgate Whitening
54	Arm & Hammer Sensitive Multi-Protection	125	Colgate Sensitive Pro Relief, Enamel Repair
54	Arm & Hammer Complete Care Stain Defense	130	Crest Pro Health
57	Tom's of Maine Children's	130	Crest Extra Whitening
62	Super Smile	133	Ultra brite
63	Rembrant Mint	144	Crest MultiCare Whitening
65	Arm & Hammer Complete Care Plus Enamel Strengthening	145	Ultra Brite Advanced Whitening Formula
68	Colgate Regular	145	Colgate Baking Soda & Peroxide Whitening
70	Colgate Total	Harmfully Abrasive	
70	Arm & Hammer Advance White Sensitive	150	Pepsodent
70	Colgate 2-in-1 Fresh Mint	165	Colgate Tartar Control
Medium Abrasive		168	Arm & Hammer Dental Care PM Fresh Mint
78	Biotene Gentle Dry Mouth	176	Nature's Gate Paste
79	Sensodyne	200	Colgate 2-in-1 Tartar Control/Whitening or Icy Blast/Whitening
80	AIM	200	Crest White Vivid
83	Colgate Sensitive Maximum Strength	260	Ultrabrite Advanced Whitening