

## RDA (Relative Dentin Abrasivity)

Measuring abrasivity: Toothpaste abrasivity is measured using an ADA-standardized test. A laboratory takes a sample tooth, strips the enamel, irradiates it, brushes it, and measures the radiation in the rinsewater. The result is a number known as RDA, which stands for radioactive dentin abrasion or relative dentin abrasivity. In general, the lower the number, the less enamel/dentin gets worn away. The higher the number, the better the stain removal, however.

RDA Value	Toothpaste
7	Plain Baking Soda
8	Arm & Hammer Tooth Powder
15	WELEDA Salt Toothpaste
30	Elmex Sensitive Plus
30	WELEDA Plant Tooth Gel
35	Arm & Hammer Dental Care
40	WELEDA Children's Tooth Gel
42	Arm & Hammer Advance White Baking Soda Peroxide
44	Squiggle Enamel Saver
45	WELEDA Calendula
45	WELEDA Pink Toothpaste with Ratanhia
48	Arm & Hammer Dental Care Sensitive
49	Arm & Hammer Peroxicare Tartar Control
49	Tom's of Maine Sensitive
51	Crest with Scope
52	Arm & Hammer Peroxicare Regular
53	Rembrant Original
53	CloSYSII
54	Arm & Hammer Dental Care PM Bold Mint
57	Tom's of Maine Children's Wintermint
60	Biotene Gel
62	Supersmile
63	Rembrant Mint
65	Colgate Enamel Care Advanced Whitening
68	Colgate Regular
68	Crest with Scope Whitening
70	Colgate Total
70	Arm & Hammer Advance White Sensitive
70	Colgate 2-in-1 Fresh Mint
74	Crest Rejuvenating Effects Liquid Gel
75	Prevident 5000 Booster
79	Sensodyne
80	AIM
80	Biotene Paste with Fluoride
80	Close-Up
83	Colgate Maximum Strength

91	Aquafresh Sensitive
93	Tom's of Maine Regular
94	Rembrant Plus
95	Crest Regular
100	Colgate Enamel Care Natural Whitening
101	Natural White
103	Mentadent
103	Arm & Hammer Sensation
104	Sensodyne Extra Whitening
106	Colgate Platinum
106	Arm & Hammer Advanced White Paste
107	Crest Sensitivity Protection
109	Colgate Tatar Control With Baking Soda and Peroxide
110	Colgate Herbal
110	Amway Glister
113	Aquafresh Whitening
117	Arm & Hammer Advanced White Gel
117	Arm & Hammer Sensitive Tartar Control
120	Close-up with Baking Soda
120	Crest Extra Whitening with Tartar Protection
124	Colgate Whitening
125-140	Prevident 5000+
126	Crest Maximum Sensitivity
130	Crest Extra Whitening
133	Ultra Brite
139	Crest MultiCare Fresh Mint
144	Crest MultiCare Whitening
145	Ultra Brite Advanced Whitening Formula
150	Pepsodent
155	Crest Rejuvenating Effects
160-190	Crest Pro Health Formulas
165	Colgate Tartar Control
168	Arm & Hammer Dental Care PM Fresh Mint
175	Colgate Luminous
200	Colgate 2-in-1 Tartar Control/Whitening or Icy Blast/ Whitening
200	FDA recommended limit
250	ADA recommended limit

Consumer Reports has evaluated toothpastes (August 1998), but they made the error of considering only stain removal, not abrasion. Thus, high-abrasivity toothpastes such as Ultra Brite received the highest ratings. Consumer Reports' test essentially measured abrasivity, and their conclusions ignored the problem of too much abrasivity. Be wary of unscientifically-based conclusions.

Pay attention to pressure. Dentists recommend brushing with no more than 150 grams of force (mass). Look at your old toothbrush. If the bristles look splayed, you are brushing too hard. The bristles on your old toothbrush should look just as parallel as on your new toothbrush.