



RDA	Toothpaste Name	RDA	Toothpaste Name	RDA	Toothpaste Name	RDA	Toothpaste Name
4	Toothbrush with plain water	65	ClinPro	101	Natural White	145	Crest Pro Health Enamel Shield
7	Plain baking soda	65	Arm & Hammer Complete Care + Enamel str	103	Arm & Hammer Sensation	145	Ultra Brite Advanced Whitening
7	Sensodyne True White	68	Colgate Regular	103	Mentadent	145	Colgate Baking Soda and Peroxide Whitening
8	Arm & Hammer Tooth Powder	70	Colgate Total	104	Sensodyne Extra Whitening	150	Pepsodent
15	Weleda Salt Toothpaste	70	Arm & Hammer Advance White Sensitive	106	Arm & Hammer Advance White	152	Crest Sensitive Whitening
18	CTx4Gel	70	Colgate 2-in-1 Fresh Mint	106	Colgate Platinum	155	Crest Pro Health
30	Elmex Sensitive Plus	72	Colgate Total Mint Gel	107	Crest Sensitivity Protection	160	Colgate Total Advanced Fresh
30	Weleda Tooth Products	78	Biotene Gentle Dry Mouth	107	Sensodyne Full Protection Whitening	162	Crest Pro Health Whitening
34	ProNamel by Sensodyne	79	Sensodyne Original	110	Prevident 5000 Booster	165	Colgate Tartar Control
35	Arm & Hammer Dental Care	80	Close Up	110	Colgate Herbal	168	Arm & Hammer Dental Care PM Fresh Mint
37	Sensodyne ProEnamel	80	AIM	110	Closeup Paste/Gel	176	Nature's Gate paste
40	Weleda Children's Tooth Gel	82	Under The Gum Original	110	Amway Glister Original	200	Colgate 2-in-1 Tartar Control / Whitening
42	Arm & Hammer Advanced Whitening	83	Colgate Sensitive Max Strength	112	Prevident 5000 Original	200	Crest White Vivid
44	Squiggle Enamel Saver	84	Tom's of Maine	113	Aquafresh Whitening	200	Colgate Advanced Whitening
45	Weleda Calendula Toothpaste	85	Dentisse	117	Arm & Hammer Advance White Gel	260	Ultradent Advanced Whitening
45	Weleda Pink Toothpaste with	85	Rembrandt Intense Stain	117	Arm & Hammer Sensation Tartar Con.	200	FDA upper limit
45	Oxyfresh	87	Nature's Gate	120	Close Up with Baking Soda	250	ADA upper limit
48	Arm & Hammer Dental Care Sensitive	90	Sensodyne Fresh Mint	124	Crest Sensitivity Whitening + Scope		
49	Tom's of Maine Sensitive	91	Aquafresh Sensitive	124	Colgate Whitening		
49	Arm & Hammer Peroxicare Tartar Con.	92	Sensodyne Cool Gel	124	Colgate Baking Soda Paste		
52	Arm & Hammer Peroxicare Regular	93	Tom's of Maine	125	Colgate Sensitive Pro Relief, Enamel Repair		
53	Rembrandt Original	94	Rembrandt Plus	130	Crest Extra Whitening, Pro Health		
53	CloSYS Original	94	Sensodyne Fresh Impact	133	Ultra Brite		
54	Arm & Hammer Sensitive + Whitening,	95	Oxyfresh with Fluoride	135	Colgate Enamel Health Sensitivity Relief		
54	Arm & Hammer Dental Care PM Bold	95	Crest Regular	135	Colgate Enamel Health Whitening		The RDA Table:
57	Tom's of Maine Children's Toothpaste	95	Nature's Gate Paste	140	Crest Pro Health Night		Low Abrasive
62	Super Smile Original	97	Oxyfresh Powder	140	Colgate Sensitive Max Strength		Medium Abrasive
63	Colgate Sensitive Enamel Protect	100	Sensodyne Original	142	Colgate Total Whitening		Highly Abrasive
63	Rembrandt Mint	100	Sensodyne Tartar Control Whitening	144	Crest Multicare Whitening		Regarded as Harmful Limit
		100	Colgate Optic White				

Laura C. Martin Miller, DMD • Christopher J. Martin, DDS • Carol A. Kovalak Martin, DDS

337 East Main Street • Kent, OH 44240 • (330) 673-9745 TEL • (330) 677-5228 FAX