

Any value over 100 is considered to be abrasive. The ADA recommended limit is 250, whereas the FDA limit is 200. Other factors that are taken into consideration is the size, quantity, and surface structure of the abrasive itself.

The RDA(relative dentin abrisivity) table:

- 0-70 = low abrasive
- 70-100 = medium abrasive
- 100-150 – highly abrasive
- 150-250 = regarded as harmful limit

RDA Value (relative dentin abrasivity) Toothpastes

<p>Straight Baking Soda 7</p> <p>Arm & Hammer Tooth Powder 8</p> <p>Arm & Hammer Dental Care 35</p> <p style="padding-left: 20px;">Oxyfresh 45</p> <p>Tom's of Maine Sensitive 49</p> <p>Arm & Hammer Peroxicare 49</p> <p style="padding-left: 20px;">Rembrandt Original 53</p> <p style="padding-left: 20px;">CloSYS 53</p> <p>Tom's of Maine Children's 57</p> <p style="padding-left: 20px;">Colgate Regular 68</p> <p style="padding-left: 20px;">Colgate Total 70</p> <p style="padding-left: 20px;">Sensodyne 79</p> <p style="padding-left: 20px;">Aim 80</p> <p>Colgate Sensitive Max Strength 83</p> <p style="padding-left: 20px;">Aquafresh Sensitive 91</p> <p style="padding-left: 20px;">Tom's of Maine Regular 93</p> <p style="padding-left: 20px;">Crest Regular 95</p>	<p style="text-align: right;">Mentadent 103</p> <p>Sensodyne Extra Whitening 104</p> <p style="padding-left: 20px;">Colgate Platinum 106</p> <p style="padding-left: 20px;">Crest Sensitivity 107</p> <p style="padding-left: 20px;">Colgate Herbal 110</p> <p style="padding-left: 20px;">Aquafresh Whitening 113</p> <p style="padding-left: 20px;">Arm & Hammer Tarter Control 117</p> <p>Arm & Hammer Advance White Gel 117</p> <p style="padding-left: 20px;">Close-up with Baking Soda 120</p> <p style="padding-left: 20px;">Colgate Whitening 124</p> <p style="padding-left: 20px;">Crest Extra Whitening 130</p> <p style="padding-left: 20px;">Ultra Brite 133</p> <p style="padding-left: 20px;">Crest MultiCare Whitening 144</p> <p style="padding-left: 20px;">Colgate Baking Soda Whitening 145</p> <p style="padding-left: 20px;">Pepsodent 150</p> <p style="padding-left: 20px;">Colgate Tarter Control 165</p> <p>Colgate 2-in-1 Tarter Control/White 200</p>
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FDA Recommended Limit 200

ADA Recommended Limit 250