

Abrasiveness Index of Common Toothpastes

Low Abrasiveness: 0-70

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CariFree CTx4 Gel 1100/5000	30
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Prevident 5000 Booster	75
Sensodyne	79
Aim	80
Biotene Paste with Flouride	80
Colgate Sensitive Max Strength	83

Aquafresh Sensitive	91
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Regarded as Harmful: 150-250

Crest Rejuvenating Effects	155
Colgate Tartar Control	165
Colgate Luminous	175
Colgate 2-in-1 Tartar Control/White	200
FDA Recommended Limit	200
ADA Recommended Limit	250