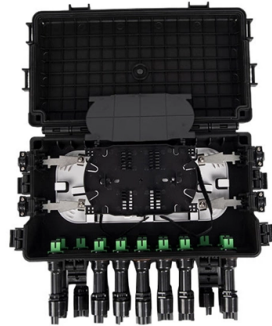


# Buying a toothpaste product is really bad



## Overview

Many commercial toothpastes contain ingredients that, while effective at cleaning teeth, can also contribute to tooth sensitivity, enamel erosion, gum irritation, and even long-term health concerns. "While whitening toothpastes are generally safe to use, using them every day or at high levels may have the potential to damage the teeth or irritate the gums without professional advice from dentists," Mehra said. "This is because the peroxide content in some whitening gels and toothpastes has the. Whether you're concerned about fluoride, curious about natural alternatives, or simply want to make informed choices for your family's oral health, this guide breaks down everything you need to know about what's inside your tube of toothpaste—and why it matters. But here's a startling truth: not all store-bought toothpastes are as safe as they seem. The mouth is a unique gateway to your body, where absorption happens faster and more. This is how the toothpaste and tooth powder products listed in the chart below were chosen for testing, and how the testing and reporting has been paid for. This unique model of community-directed (and community-funded) testing and reporting helps to ensure that this initiative is truly free of. Toothpaste is important for perfect dental hygiene. You want your teeth to be white and shiny. Likewise, it's important for your help. Used correctly, it protects enamel, fights cavities, and removes plaque. But certain ingredients, overly abrasive formulas, and poor brushing habits can cause real damage over time.



## Article Content

Jan 31, 2026

Top 5 Most TOXIC Toothpaste, Face Cream, Hair Gel And What

There are loads of nasty ingredients in your favorite toothpaste, mouthwash, face cream, shave lotions, and more. Since we put this stuff on our bodies every day, the toxins can really add up!

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The 5 best toothpastes dentists recommend for fresh

Toothpaste should be gentle on sensitive teeth, clean plaque, and prevent gum disease. Here are the best toothpastes, based on testing and

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Toothpaste, what's the difference?

What's the best toothpaste? We compared ingredients in 17 toothpastes from brands such as Colgate, Macleans, White Glo, Woolworths and

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10 Toothpaste Myths Debunked: Choosing the Right Paste for You

Outside of eating it, toothpaste isn't bad for you. Myth #7: Toothpaste Doesn't Matter; Only Your Brushing Does There's a myth that your choice in toothpaste won't influence your dental

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Why you should think twice before buying mainstream

Toothpaste should clean your teeth, fight plaque and freshen your breath without introducing harmful chemicals into your body. Unfortunately, many

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13 Best Toothpastes of 2025, According to Experts

For help getting you to that healthy smile, we rounded up the best toothpaste recommended by dentists, including for whitening, cavity protection

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Toothpaste Ingredients to Avoid: FDA & EU Guide

Discover the harmful toothpaste ingredients dentists warn against. Learn which chemicals to avoid for healthy teeth, enamel, and gums.

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Dentist reveals toothpastes you should avoid—What she uses instead

The black paste promises to remove stains and brighten your smile, convincing consumers to part with billions of dollars every year. But is this toothpaste trend doing more harm

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Toothpaste: The Best and Worst Ingredients

Summary To summarize, it's important to understand which toothpaste ingredients to avoid and which ingredients are good for your dental and overall health. The

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What are the Dangerous Ingredients in Toothpaste?

Discover the dangerous ingredients in toothpaste you should avoid. Learn about safe alternatives and how they impact your oral and general health.

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These Toothpastes Are One-Way Ticket to a Bright

“We get a lot of exciting beauty product news day-to-day, but one launch that I found particularly thrilling was Therabreath's toothpaste. (I really

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Products you've grown up using and still keep in your medicine cabinet — like hydrogen peroxide and toothpaste — can damage your skin barrier.

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The 2025 Best Non Toxic Toothpaste Guide

Many toothpastes include ingredients that are toxic. This is the definitive guide to finding the best non toxic toothpaste that is safe and really works.

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7 toothpaste myths | Delta Dental

7 common myths about toothpaste You use it every day, but how much do you really know about toothpaste? Get the facts about this dental

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Harmful Ingredients in Toothpaste: Data Backed by

Learn which toothpaste ingredients may be harmful based on scientific studies. Get data-backed facts on SLS, triclosan, fluoride, parabens, and more.

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Dentist reveals toothpastes you should avoid—What she uses instead

Who knew buying toothpaste could get so confusing? In 2023, the global toothpaste market was valued at \$18.7 billion, according to Fortune Business Insights, and is expected to grow

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Toothpaste Safety Concerns: What You Need to Know

This raises critical toothpaste safety concerns that deserve your attention. Let's dive into why this matters, what's lurking in those tubes, and how

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10 Worst Toothpaste Brands to Avoid

Here are some of the 10 worst toothpaste brands to avoid with some of the reviews that people are giving across the web.

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Is Toothpaste Actually Bad for Your Teeth?

Some toothpastes can actually damage enamel or trigger sores. Here's what to look for—and avoid—when choosing one that's right for you.

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Is Your Toothpaste Hurting Your Teeth? The Hidden

In this article, we'll uncover the hidden dangers of common toothpaste ingredients, how they may be affecting your health, and what to look for in a truly

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Chart Comparing the Toxicant Profiles of Popular

This is how the toothpaste and tooth powder products listed in the chart below were chosen for testing, and how the testing and reporting has been

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How to Choose the Best Toothpaste for You

With so many options, choosing the right toothpaste can be overwhelming. Our expert shares some tips to find the perfect one for you.

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Health Debunked: Is Fluoride-Free Toothpaste Safer or

Is fluoride toothpaste safe to use? And why do dentists use it? There's lots of misinformation around this topic, including claims that fluoride may cause

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Is Toothpaste Harmful?: 9 Myths and Facts of Oral Care

It really depends on the type of toothpaste you are using. But first, we'll clarify that, yes, you should be using toothpaste. As we explored in this article, while toothbrushes can remove

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We Tested 15 "Non-Toxic" Toothpastes So You Don't

Discover the non-toxic, natural, & organic toothpaste brands for whitening, sensitive teeth, cavity protection, and more, plus the best natural

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