

ORAL HEALTH

product guide

by [Ashley Rothstein](#)
ash-eats.com | [@ashrothstein](#)

If you're like most people, you probably brush your teeth at least once per day. When it comes to a product you use every day (like toothpaste), it's a good idea to know what's in it. This product guide was designed to help you choose the lowest toxic oral care products that still fit your needs.

TOOTH CARE INGREDIENTS YOU MAY WANT TO AVOID

- Fluoride
- Synthetic additives such as foaming, whitening, and anti-cavity agents
- Artificial flavoring, coloring, and preservatives
- Sodium lauryl sulfate (SLS), propylene glycol, perfluorohexane sulfonic acid (PFHxS), diethanolamine (DEA), and titanium Dioxide (TiO₂)
- Parabens, Carrageenan, Triclosan
- Unnatural sweeteners such as aspartame, sucralose, or saccharin
- Glycerin (a derivative of vegetable oil)
- Nano particles (such as nano-hydroxyapatite and nano-silver)
- Almost any ingredient you see and wonder, "does this really need to be in toothpaste/mouthwash/floss?"

why avoid these ingredients?

If your goal is to minimize your toxic load, it is a good idea to eliminate toxic ingredients that are not necessary for your health. A quick online search will show you that these ingredients are not only NOT necessary for the health of your teeth, but many are highly toxic to your body.

TOOTH CARE PRODUCT TYPES

There are two types of tooth care products commonly seen on the market:



tooth
powder



toothpaste

In this guide, I provide recommendations for both types plus options for low-toxic mouthwash, floss, and toothbrushes.

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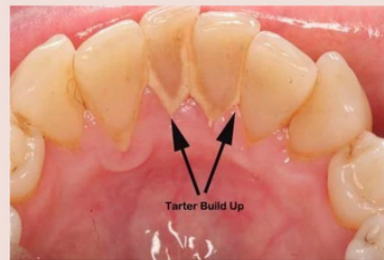
Before I get to the tooth care product recommendations, below is a post made by my friends Ashley & Sarah (@strong.sistas + www.armstrongsisters.com) on the importance of maintaining your oral health via your intake. Not only is it a good idea to minimize toxicity when it comes to the products you use, but to also eat a balanced diet full of nutrient-dense foods.

The body can pull calcium from the teeth & bones if we do not consume enough dietarily.



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A severely imbalanced calcium to phosphorus ratio can lead to the development of tartar (aka calculus, which is a hardened plaque build up) on the inside of the bottom row of your teeth.



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Intakes of calcium, vitamin D, and dairy servings and dental plaque in older Danish adults

Amanda RA Adegboye¹, Lisa B Christensen², Poul Holm-Petersen³, Kirsten Avlund⁴, Barbara J Boucher⁵ and Bert L Heitmann^{1,4}

Intakes of calcium and dairy were significantly associated with lower plaque score for those with adequate vitamin D status

The Journal of Nutrition
Nutritional Epidemiology

Low Calcium Intake Is Related to Increased Risk of Tooth Loss in Men¹⁻³

Amanda R. A. Adegboye,^{1,2} Nils-Erik Fiehs,³ Svanne Tweeman,⁴ Lisa B. Christensen,⁷ and Bert L. Heitmann^{1,4}

Low calcium intake leads to an increased risk of tooth loss

Calcium and Vitamin D Supplements Reduce Tooth Loss in the Elderly

Elizabeth A. Krall, PhD, Carolyn Wehler, RDH, BS, Raul I. Garcia, DMD, Susan S. Harris, DSc, Bess Dawson-Hughes, MD

Increase in calcium and Vit D improved tooth retention

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This can be a clear sign of the body borrowing calcium from the skeleton (bones & teeth) when there isn't enough dietary calcium to maintain homeostasis & balance phosphorus intake.

The calcium is 'mined' from skeleton & released into the saliva. This is why it's common to have a calcium buildup at this spot - as this is where saliva pools in the mouth.



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nutrients

Article
Dairy Food Consumption is Inversely Associated with the Prevalence of Periodontal Disease in Korean Adults

Kyueun Lee and Jihye Kim

Department of Medical Nutrition, Graduate School of East-West Medical Science, Kyung Hee University, Yongin 17104, Korea; kyueun@wku.ac.kr

* Correspondence: kjhye@khu.ac.kr; Tel.: +82-31-201-5497; Fax: 82-31-204-8119

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Frequent consumption of dairy foods and milk was associated with lower prevalence of periodontal disease.

JOURNAL OF Periodontology

Original Article

Increased Intake of Dairy Products Is Related to Lower Periodontitis Prevalence

Mohammad S. Al-Zahrani

First published: 01 February 2006 | <https://doi.org/10.1902/jop.2006.050082> | Citations: 68

Inverse association between the intake of dairy products & prevalence of periodontitis, likely due to less bone loss

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Elevated levels of saliva phosphorus can cause plaque build up in the teeth

> J Indian Soc Periodontol. 2013 Jul;17(4):454-60. doi: 10.4103/0972-124X.118316.

Association of salivary calcium, phosphate, pH and flow rate on oral health: A study on 90 subjects

Mohamed Fiyaz¹, Amitha Ramesh, Karthikeyan Ramalingam, Biju Thomas, Sucheta Shetty, Prashanth Prakash

> J Clin Diagn Res. 2016 Jul;10(7):2C58-61. doi: 10.7860/JCDR/2016/20973.8182. Epub 2016 Jul 1.

Estimation and Comparison of Salivary Calcium, Phosphorous, Alkaline Phosphatase and pH Levels in Periodontal Health and Disease: A Cross-sectional Biochemical Study

Rufi Murad Patel¹, Siddhartha Varma², Girish Surajinath³, Sameer Zope⁴

Correlation of salivary phosphorous level to dental calculus accumulation on patients of the periodontology installation in dental hospital of USU

AH Nasution¹ and DD Amalanesia²

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Journal of Physics: Conference Series, Volume 1136, Issue 5

Citation AH Nasution and DD Amalanesia 2018 J. Phys.: Conf. Ser. 1116 052044

"there is correlation between salivary phosphorus levels and the dental calculus accumulation"

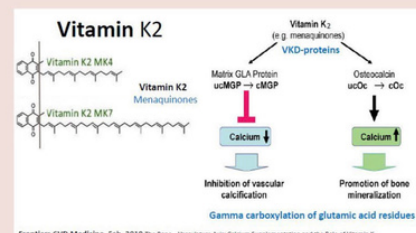
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TLDR

- Try to maintain a relatively balanced calcium to phosphorus ratio in your diet (see recent post on this topic)
- Ensure sufficient fat soluble vitamin intake (& supplement when necessary), and regularly test for good Vitamin D status
- Keep metabolic rate up

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Maintaining healthy teeth doesn't just require good oral hygiene. We also need to provide our body the nutrients it needs to maintain strong teeth with a nutrient-rich diet.



Calcium is incorporated into teeth via carboxylation, which requires fat soluble vitamins A, D and K and CO₂. Elevated CO₂ levels result from high energy production & strong glucose metabolism.

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TOOTH POWDERS

VANMAN'S MIRACLE TOOTH POWDER



INGREDIENTS: Eggshell powder, bentonite clay, activated coconut charcoal, baking soda, pink Himalayan sea salt

About: This is my favorite tooth care product on the market and the one we use in our home. VanMan is one of just two brands I've found with tooth care products free of glycerin (a vegetable oil derivative) and nano/non-nano hydroxyapatite.

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VANMAN PRODUCTS

VANMAN'S MIRACLE TOOTH POWDER - MINT BONE

INGREDIENTS: Bentonite clay, baking soda, grass-fed cattle bone hydroxyapatite (natural source), xylitol, peppermint oil, ancient sea salt

About: Another great formulation by VanMan. We use this one on the days we want a fresh/minty post-brush feeling.



BEE-OCH NATURAL TOOTH POWDER

INGREDIENTS: Bentonite Clay*, French Green Clay*, Baking Soda*, Kaolin Clay*, Organic Flavor (Organic Spearmint Oil*, Organic Cinnamon Oil*, Organic Sweet Orange Oil*)
*Food grade

About: This is a close second to VanMan's products in terms of clean/real ingredients. Made of just clay and essential oils. Also free of glycerin and nano/non-nano hydroxyapatite.



JUST INGREDIENTS TOOTH POWDERS

Despite the hype, I don't love hydroxyapatite (nano or non-nano). More on that in my ["Oral Health" IG Highlight](#) if you're interested. That being said, some people swear by its efficacy when it comes to reducing sensitivity, remineralizing teeth, and even healing cavities. It may be useful to help restore poor oral health, but I wouldn't recommend it for long-term use. I included Just Ingredients formulations here for those who don't mind/want to consume HA. Other ingredients are few and clean.



INGREDIENTS: Calcium Carbonate, Xylitol, Bentonite, Hydroxyapatite, Sodium Bicarbonate, Sodium Chloride, Mentha Viridis (Spearmint) Leaf Oil, Charcoal Powder, Gaultheria Procumbens (Wintergreen) Leaf Oil, Mentha Piperita (Peppermint) Oil



INGREDIENTS: Calcium Carbonate, Xylitol, Bentonite, Hydroxyapatite, Mentha Viridis (Spearmint) Leaf Oil, Mentha Piperita (Peppermint) Oil, Gaultheria Procumbens (Wintergreen) Leaf Oil, Plantain (Plantago Major) Leaf Extract



INGREDIENTS: Calcium Carbonate, Xylitol, Bentonite Clay, Hydroxyapatite Powder, Arginine Bicarbonate, Mentha Viridis (Spearmint) Essential Oil, Plantain (Plantago Major) Leaf Extract, Gaultheria Procumbens (Wintergreen) Leaf Oil, Mentha Piperita (Peppermint) Oil



INGREDIENTS: Calcium Carbonate, Xylitol, Bentonite, Hydroxyapatite, Citrus Aurantium Dulcis (Orange) Peel Powder, Citrus Aurantium Dulcis (Orange) Peel Oil, Plantain (Plantago Major) Leaf Extract

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JUST INGREDIENTS

UNCLE HARRY'S ALL NATURAL TOOTH POWDER



INGREDIENTS: Calcium carbonate (natural chalk), mustard seed powder, sea salt, essential oils of eucalyptus, clove, wintergreen, and oregano

About: Clean and simple formulation. Lots of good reviews on this.

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TOOTHPASTES

BUBBLE & BEE TOOTHPASTE



INGREDIENTS: Organic vegetable glycerin, saponified organic coconut oil, calcium carbonate, organic spearmint essential oil, organic stevia.

About: I'm not a huge fan of glycerin since it's a derivative of vegetable oil, but I don't think it's the worst thing in the world. If you prefer toothpaste over tooth powder, this is a great low-toxic option if you don't mind consuming glycerin.

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BUBBLE & BEE

INGREDIENTS: Organic vegetable glycerin, saponified organic coconut oil, calcium carbonate, organic lemon essential oil, organic stevia.

About: Another great low-toxic toothpaste option for those who don't mind consuming glycerin. Non-mint flavor for kiddos who don't like mint.



RISEWELL TOOTHPASTE



INGREDIENTS: Silica, Sorbitol, Glycerin, Xylitol, Hydroxyapatite, Calcium Carbonate, Propanediol, Potassium Cocoate, Stevia Rebaudiana Extract, Mentha Arvensis (Wild Mint) Oil, Mentha Piperita (Peppermint) Oil, Cinnamomum Cassia (Cinnamon) Bark Extract, Citrus Aurantium Dulcis (Orange) Peel Oil, Citrus Limon (Lemon) Peel Oil, Melaleuca Alternifolia (Tea Tree) Oil, Cellulose Gum, Sodium Gluconate, Menthol, Thymus Vulgaris (Thyme) Extract, Erythritol, Xanthan Gum, Eucalyptus Globulus Extract, Illicium Verum (Anise) Extract.

About: As I mentioned in the "Just Ingredients" section, I'm not a fan of hydroxyapatite. RiseWell toothpaste also has glycerin and a long ingredients list. I included them in this guide, however, because I tried their toothpaste for a few weeks and I must say, it works GREAT. I've had issues with dental carries on my teeth my whole life, and after one brush with this toothpaste, my teeth felt squeaky clean...like I had just gotten them cleaned by a dentist. I still prefer VanMan's tooth powder due to the clean ingredients list, but I can't deny the efficacy of RiseWell. They have a flavor for kids as well.

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MOUTHWASH, FLOSS & TOOTHBRUSHES

VANMAN'S PEPPERMINT ALOE MOUTH RINSE



INGREDIENTS: peppermint oil, aloe vera juice, coconut oil, baking soda, xylitol, reverse osmosis water

About: If you like mouthwash, this is a clean solution with a short ingredient list that is free of toxins, additives, and chemicals.

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BAMBOO + BOAR BRISTLE TOOTHBRUSH

PLASTIC-FREE FLOSS

Most floss is made with plastic, but silk floss and bamboo floss are two plastic-free options. My family uses bamboo floss and we love it.



BAMBOO FLOSS
INGREDIENTS: Bamboo Charcoal Fiber, Candillilla Wax, Peppermint Essential Oil

FLOSS REFILLS:



SILK FLOSS
INGREDIENTS: Natural Silk, Candelilla wax, Mint Essential Oil

The idea of a bamboo toothbrush may sound good at first glance, but most bamboo toothbrushes have nylon (plastic) bristles. For a toothbrush to be truly plastic-free, both the handle and the bristles must be made of natural materials. This is a bamboo toothbrush that has boar bristles, which is truly plastic-free.



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These product guides were created to make sourcing nutrient-dense food and shopping for low-toxic household products easy.

Each product guide is clickable, so you can shop right from the PDF. If available, I include discount codes and bulk purchasing options that will give you the most savings.

If you're familiar with my [Discounts page](#), note that the below guides include those products, plus many more. While the [Discounts page](#) includes the products my family and I personally use, these product guides provide other options for families and people with a variety of needs.



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