

Which toothpaste is right for me?

Take a stroll down the toothpaste aisle and the options are endless. The benefits all sound great, whiter teeth, tartar control, fighting sensitivity, and many more. You could feel lost while shopping. Here is a guide to help you pick the right toothpaste based on your needs.



FRESHEN UP!

Check out a toothpaste that has baking soda. Some formulas contain mini breath strips or are infused with mouthwash. You can also look for a natural brand that contains aloe vera, cinnamon, herbs or even organic banana.



ON THE BRIGHT SIDE

Your coffee habit can boost your mood, but might leave your teeth sad. Look for a toothpaste that boasts whitening effects. These can help reduce surface stains and help prevent future ones. Be careful; whitening formulas can potentially cause or increase tooth sensitivity.



OUCH, THAT HURTS!

Toothpastes for sensitivity are designed to seal the tubules (channels leading to the nerve root) in your teeth.



TARTAR, ANYONE?

Has your hygienist mentioned that you have tartar buildup? Tartar is a plaque that can form below and above the gum line. Some people are more vulnerable than others. You might benefit from a toothpaste aimed at fighting tartar.



FEELING ADVENTUROUS?

Some toothpaste brands contain charcoal. Among the claims? Whiter teeth, long lasting fresh breath and antibacterial benefits. It's not cheap in comparison to other types of toothpaste, but could be worth a try.

For the best protection, find a toothpaste containing fluoride and the ADA's stamp of approval. It can be an overwhelming choice, so make sure to take your time and pick the toothpaste that works best for you. Remember to visit your primary dentist at least twice a year to maintain a bright, healthy smile!

To learn more about keeping your teeth healthy, [click here](#).