

# Shopping for toothpastes



Bedfordshire  
Community  
Health Services

## Recommendations

Children = no less than 1000ppm of Fluoride  
Over 7s and adults = 1350 -1500ppm of Fluoride

Find the fluoride content printed  
on the box or the tube

ppm = parts per million

## Recognised brands



Colgate often list the contents in two parts, so need adding together (450ppmF) (1000ppm F)

(1450ppm F)

These toothpastes are great to use for the whole family. Just remember to adjust the amount you put on the toothbrush.



A smear  
0-3 year olds



Pea size  
3+ year olds

## Supermarket own economy brands



(1350ppm F)

(1450ppm F)

These can be a great option for saving money and the whole family can use them

# Flavoured toothpastes



(1450ppm F)

It is advised to start babies/ children on a minty toothpaste straight away and to avoid sweet flavoured toothpastes.

If a child is sensitive to strong mint flavours then using a fruit flavoured paste with the correct fluoride content like these will be fine

# Ages and stages

(1000ppm F)



(1450ppm F)

These toothpastes are fine to use and the ages and fluoride content are clearly labelled. However, it is not necessary to buy multiple tubes - one family toothpaste like the supermarket and recognised brands will do for all!



From time to time check the fluoride level as they sometimes change

## Specialist toothpaste



(1000ppm or 1450ppm)

OraNurse can be bought online or you can ask your local pharmacist.

OraNurse is used widely in special schools and care homes as it does not have a flavour and doesn't foam like regular toothpastes.

## Whitening toothpastes



Whitening toothpastes aren't suitable for children as they can be too abrasive on the enamel.



### Some top tips...

Spit out after brushing - don't rinse with water or mouthwash

Brush teeth at least twice a day

Try to keep sugar to mealtimes

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