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Debunking Medical Myths: The Truth About Charcoal Toothpaste

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THE TRUTH ABOUT CHARCOAL TOOTHPASTE

Gray 19 - Achkar, A., Doan, B., Jaczkowski, A., Johnson, J.D., McMahon, D. & Tran, K.

Possible harms:



Enamel damaging



Uneven whitening



Yellowing teeth

MYTH #1: CHARCOAL TOOTHPASTE WHITENS YOUR TEETH BETTER THAN CONVENTIONAL TOOTHPASTE.

FACT: Studies have shown no increase in tooth whiteness when using charcoal toothpaste versus regular toothpaste. In fact, the side effects of using charcoal toothpaste makes your teeth more prone to staining. (1,2,3)



MYTH #2: CHARCOAL TOOTHPASTE DOES NOT INCREASE SURFACE ROUGHNESS ON THE TEETH.

FACT: Charcoal increases surface roughness of the teeth, which is likely due to abrasiveness. Studies have shown that conventional toothpaste demonstrated low abrasiveness, compared to medium abrasiveness in charcoal toothpaste. Charcoal toothpaste produced deep wear marks, which allows for growth of bacteria (plaque). (1,2,3)



MYTH #3: CHARCOAL TOOTHPASTE DOES NOT HAVE ANY NEGATIVE IMPACTS ON TEETH.

FACT: Clinicians have justified concern that these toothpastes could increase the risk of tooth decay due to the lack of fluoride. Fluoride is known to protect teeth against the breakdown of the outer protective layer of the teeth and even allow the tooth to reabsorb minerals for strength. (4)



BOTTOM LINE



CHARCOAL BASED TOOTHPASTE IS NOT THE BEST CHOICE FOR YOUR ORAL HEALTH AND COSMETICS. STICK TO YOUR GENERIC FLUORIDE TOOTHPASTES!

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