

TOOTHPASTES WITH ANTICALCULUS AGENTS BY KAT S. & RENATA P.



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ACTIVE INGREDIENTS

The active ingredients in toothpastes which reduce calculus or tartar build up are tetrapotassium pyrophosphate, tetrasodium pyrophosphate, disodium pyrophosphate, zinc chloride, and zinc citrate (Darby & Walsh, 2014).

MECHANISMS OF ACTION

The way that anticalculus toothpastes work to reduce calculus formation is by the use of zinc chloride and zinc citrate which help in breaking down plaque before it turns into tartar. Different pyrophosphates work together to prevent biofilm turning into calculus (Darby & Walsh, 2014).



[HTTPS://WWW.TARGET.COM/P/CREST-PRO-HEALTH-CLEAN-MINT-TOOTHPASTE-4.3OZ/139564117-REF=TGT_ADV_XSPREFID=GOOGLEFNDSRC=TMNV&DFA=71700001199207&CPN=PLA_DVMT=2BA064R000014ZYXHQ2-P126G_ORAL_CORE_GOOGLE=SEARCH_STANDARD+SHOPPING_2023-2024-966452&ADGROUP=PLA_P126G&LID=70000001393753PGS&NETWORK=G&DEVICE=C&LOCATION=9033283&GAD_SOURCE=1&CLID=CJOKQIAXAUBHCAARISABEBUSQUMOKQLIVEN0-ZB48N0987FNQ3UFFCKFCM-RZJLZUZGEZAUONBFAATWEALW_WCR&GCLID=AW.DS](https://www.target.com/p/crest-pro-health-clean-mint-toothpaste-4.3oz/139564117-ref=tgt_adv_xsprefid=googlefndsrc=tmnv&dfa=71700001199207&cpn=pla_dvmt=2ba064r000014zyxhq2-p126g_oral_core_google=search_standard+shopping_2023-2024-966452&adgroup=pla_p126g&lid=70000001393753pgs&network=g&device=c&location=9033283&gad_source=1&clid=cjokqiaxaubhcaarisabebusqumokqliven0-zb48n0987fnq3uffckfcm-rzjlzuzgezaquonbfaatwealw_wcr&gclid=aw.ds)



[HTTPS://INCIDECODER.COM/PRODUCTS/COLGATE-ANTI-TARTAR-WHITENING](https://incidecoder.com/products/colgate-anti-tartar-whitening)

INSTRUCTIONS FOR USE

Adults and children 2 yrs. & older: brush teeth thoroughly after meals or at least twice a day or use as directed by a dentist. do not swallow. to minimize swallowing use a pea-sized amount in children under 6. supervise children's brushing until good habits are established.
Children under 2 yrs.: ask a dentist.

WHO WOULD THIS PRODUCT BENEFIT?

People that are more susceptible to tartar buildup, including those who have braces, dry mouth, crowded teeth or those who smoke



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ANY CONTRAINDICATIONS?

Toothpastes that carry pyrophosphates such as tartar-control toothpastes, can cause different adverse effects such as dentinal hypersensitivity, erythema, gingivitis, cheilitis and circumoral dermatitis, scaling and fissuring of the perioral areas, ulceration, and soft tissue irritation (Darby & Walsh, 2014).

HOW TO GET THIS PRODUCT?

The product can be purchased at the pharmacy (Rite Aid, Walgreens), online or prescribed by doctor and purchased at the dental office directly.



[HTTPS://THUMBS.DREAMSTIME.COM/B/FEBRUARY-UAE-DUBAI-COLGATE-TOOTHPASTE-SOLD-SUPERMARKET-SHELVES-227147806.JPG](https://thumbs.dreamstime.com/b/february-uae-dubai-colgate-toothpaste-sold-supermarket-shelves-227147806.jpg)



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IS IT ADA APPROVED?

The ADA Council on Scientific Affairs' Acceptance of Crest Plus Tartar Protection is based on its finding that the product is safe and has shown efficacy in helping prevent tooth decay when used as directed. Toothpastes containing sodium hexametaphosphate have the ADA Seal of Acceptance, such as Crest Pro-Health (Darby & Walsh, 2014).

SCIENTIFIC ACCURACY

According to studies done on anticalculus toothpastes, the research suggests that toothpastes containing zinc as well as, or copolymer, and pyrophosphates greatly reduced calculus (Netuveli & Sheiham, 2004).

REFERENCES

Darby, M. L., & Walsh, M. (2014). *Dental Hygiene - E-Book: Theory and Practice*. Elsevier Health Sciences.

Netuveli GS, Sheiham A. A systematic review of the effectiveness of anticalculus dentifrices. (2004). In: *Database of Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews [Internet]*. York (UK): Centre for Reviews and Dissemination (UK); 1995-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK71035/>

Van Loveren, C., & Duckworth, R. M. (2013). Anti-calculus and whitening toothpastes. *Monographs in oral science*, 23, 61–74. <https://doi.org/10.1159/0350698>