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Mourning Routine:

- Take a shower, every other day, using Dial Men Shampoo and Conditioner, and some Goat's Milk Peppermint soap I got from a local seller.
- Brush my Teeth using Colgate Maxfresh fluoride toothpaste with whitening (mint blast) and rinse with Crest Scope Classic
- I wash my hands with some pumpkin spice soap I bought from another local.

I don't have a product I can't live without brand wise, but I will focus on my toothpaste.

Full Title: Colgate Brand MaxFresh anticavity fluoride toothpaste with Whitening, MINT BLAST flavoring,

Details: With COOL SCRUB microscrubbers, destroys bad breath bacteria from teeth and tongue; 6 oz.; If under 6, and more than toothpaste required for brushing is swallowed, seek medical attention.

Active Ingredients: Sodium Fluoride

Inactive Ingredients: Sorbitol, water, hydrated silica, PEG-12, flavor, sodium lauryl sulfate, cellulose gum, sodium saccharin, tetrasodium pyrophosphate, cocamidopropyl betaine, lactose monohydrate, mica, titanium dioxide, FD&C blue no.1

I can pronounce all of these, but I've also taken a few chemistry courses.

Potentially Dangerous Chemicals:

Sodium Fluoride – can cause illness in high doses

FD&C blue no.1 – Has cases of neurotoxicity

Most hazardous: Titanium dioxide – potentially carcinogenic, but titanium dioxide has caused pneumoconiosis in long term exposures, along with other cases of lung damages (Sourced from PubChem)

Health Impacts: Is effective at teeth cleaning and whitening, but is toxic in children who ingest semi-large doses due to sodium fluoride.

Environmental Impacts:

I had difficulty finding environmental impacts, but the tube isn't recyclable.

Clean option:

David's Natural Toothpaste from Credo

Ingredients:

calcium carbonate (limestone abrasive), purified water, sodium bicarbonate (baking soda), vegetable glycerin, hydrated silica, xylitol (birch derived), sodium cocoyl glutamate (coconut derived), carrageenan (seaweed derived), mentha piperita (peppermint oil), mentha viridis (spearmint) leaf oil, pimpinella anisum (anise) seed extract, gaultheria procumbens (wintergreen) leaf oil, stevia (leaf extract).

Cost difference: Colgate costs around \$ 3 to 5, while David's costs \$10 + shipping.

I think I may make the change. David's is made of essential oils and calcium carbonate only. I'd like to see the difference.



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Hazards:

1. Sodium Fluoride: toxic and may cause illness in large quantities
2. Titanium Dioxide: Long term exposure may cause pneumoconiosis (lung damage)

Price & Availability:

Cost – \$3 to 5  
Availability – Stores and online

Ingredients: calcium carbonate (limestone abrasive), purified water, sodium bicarbonate (baking soda), vegetable glycerin, hydrated silica, xylitol (birch derived), sodium cocoyl glutamate (coconut derived), carrageenan (seaweed derived), mentha piperita (peppermint oil), mentha viridis (spearmint) leaf oil, pimpinella anisum (anise) seed extract, gaultheria procumbens (wintergreen) leaf oil, stevia (leaf extract).

Hazards:

1. Heavily excessive amounts, would require much more than sodium fluoride, could cause gastrointestinal distress.

Price & Availability:

Cost - \$10  
Availability – Target and online

Effectiveness: Both great at whitening and cleaning. But at what true cost?

You choose the winner! Do you value price and commodity over your health?