

KEEP MORE THAN JUST
BAD BREATH AT BAY
WITH THIS SELECTION OF
TRUSTED TOOTHPASTES.

→ Fresh Mint Sensodyne



"There are many reasons for tooth sensitivity," says **Dr. Cash**. "A common cause is gum recession or any other condition exposing the root surface of the tooth."

This Sensodyne toothpaste tackles that problem with the ingredient potassium nitrate. "The potassium ions work to 'plug' the porous areas of your tooth, reducing sensitivity."

→ Advanced White Extreme Whitening Arm & Hammer



Even though, as **Dr. Cash** admits, whiter teeth can be a great confidence booster, you shouldn't have to sacrifice the health of your teeth to get a bright smile.

Arm & Hammer's Advance White toothpaste aims to strike that happy medium with the inclusion of baking soda for whitening and an enamel strengthening and tartar-control formula.

→ Antiplaque + Whitening Fluoride-Free HELLO



If you suspect that you have a fluoride allergy, **Dr. Cash** recommends consulting with both your doctor and dentist first to confirm whether you should opt for fluoride-free toothpaste.

"[Fluoride allergies] are very rare," he says, with most mouth irritations due to other components in toothpaste. Hello makes a fluoride-free alternative that's up to par—it's also free of dyes, SLS, parabens and even gluten."

<https://www.menshealth.com/grooming/g39995797/best-toothpastes/>



THE BEST TOOTHPASTES FOR MEN IN 2022, ACCORDING TO DENTISTS

BY BERND FISCHER

Sure, daily dental care might not be as exciting a grooming experience as doing a luxe face mask or foot soak, but it goes without saying that taking care of your teeth is crucial to having a healthy mouth. Like, absolutely. Not just for your sake but for those around you.

So, when it comes to that mundane routine of brushing your teeth every single day, the very least you can do is to ensure that the hard—and yes, boring—work you're putting in is actually paying off. And that's where decent toothpaste comes in. Find the right one and, when used regularly, you've at least done the bare minimum in keeping your oral hygiene in tip-top shape.

But with so many different toothpastes on the market that cater to different dental concerns, you might expect to feel overwhelmed, so keep an eye out for toothpastes that carry the American Dental Association Seal of Acceptance to narrow down your selection, as these products meet basic safety and efficacy standards, one of which includes the inclusion of fluoride, a key ingredient in cavity prevention.

"[Fluoride] has a long history in reducing and preventing tooth decay," says **Dr. Gary Cash** of the Austin, Texas-based **Gary L. Cash, DDS** and a member of the US News & World Report Medical Review Board. "If a patient wishes to be fluoride-free, I may want to check their teeth more often."

According to the ADA—on top of fluoride—toothpastes can also contain other components to better oral health, like ingredients that tackle gum disease, bad breath, enamel erosion, tooth sensitivity, and tartar build-up. And yes, cosmetic whitening factors are also allowed.

That said, **Dr. Cash** warns that "many whitening toothpastes are highly abrasive and can cause tooth or mouth sensitivity." If brightening your teeth is your main concern, he recommends other whitening methods like in-office bleaching or custom-made whitening trays for at-home use. "Abrasive toothpastes may clean the teeth but they can cause recession and abrasion," adds **Dr. Cash**. "Think of your car; sand paper may get the dirt off but it will damage your paint."

Fluoride is an essential ingredient in toothpaste, so if you're switching to a fluoride-free option, **Dr. Cash** advises that you speak with your dentist so that they can help you develop a fluoride-free home care regimen that will still adequately protect you from tooth decay. Additionally, **Dr. Cash** adds, "if a patient has a fluoride allergy or chooses to go fluoride-free, I highly recommend [the ingredient] Xylitol. It is a natural sugar that helps fight tooth decay. While Xylitol is great for humans, be sure to keep it away from your pets. It is toxic to our furry friends."

With that in mind, we've scoured the web—and with input from **Dr. Cash**—rounded up the best toothpastes for men in 2022 for all your oral health care concerns.