

# Non-foaming toothpaste

The most important ingredient in toothpaste is **fluoride**.

- Ensure the toothpaste has at least 1000 parts per million (ppm) fluoride but **ideally 1450 or 1500 ppm**.

Some toothpaste contains **sodium lauryl sulfate (SLS)** which helps make the toothpaste foam during brushing.

- This can cause difficulties for people who struggle to swallow, or those with a dry mouth.

**Non or low-foaming toothpastes are available and can be safer.**

- There are many products available that do not contain SLS – you can check the label, or search online for '**SLS free toothpaste**'.

**Alternative foaming agents** which are used in some toothpastes include:

- **cocamidopropyl betaine**
- **sodium methyl cocoyltaurate**
- These produce less froth than sodium lauryl sulfate so may be suitable for someone who prefers a low foaming paste.

**For a non-foaming paste look for one with no foaming ingredients.**

- Some non-foaming toothpastes are also available without flavours which may be preferred by people who are sensitive to tastes.

For further advice contact your dentist.



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