

# WHICH KITS ARE THE SAFEST?

HERE, the experts offer their verdicts, while leading dentist Dr Phil Stemmer rates them.

## BLANX INTENSIVE WHITENING TREATMENT, £10.99, BOOTS

CLAIM: 'Its unique formula, based on Arctic lichen, is safe to use without being aggressive on the enamel.'

VERDICT: 'This contains smooth glass particles that act like a polish, rather than an abrasive,' says Professor Andrew Eder. 'But if it's polishing off a thin layer of surface over years, there's a risk of worn enamel.'

2/10

## PHILIPS SONICARE HEALTHY WHITE ELECTRIC TOOTHBRUSH, £122.54, BOOTS

CLAIM: 'Will whiten teeth up to two shades in two weeks.'

VERDICT: Dr Linda Greenwall says: 'Your teeth will look whiter simply because they're cleaner, but there won't be any chemical whitening effects.'

8/10



## RAPID WHITE BLUE LIGHT, £30.63, BOOTS

THIS kit contains a blue light handset that you hold up to your teeth for four minutes, twice a day,

for 14 days.

CLAIM: 'Whitens teeth up to five shades lighter with two hours blue light.'

VERDICT: 'This product contains citric

acid that softens the enamel, so if you brush your teeth directly after using this, you're effectively spitting your teeth down the sink,' says Dr Stemmer.

3/10



## CREST 3D WHITESTRIPS FIVE MINUTE TOUCH-UPS, £19.95, STRIPSRUS.CO.UK

CLAIM: 'Crest Whitestrips provide you with a beautiful, whiter smile — guaranteed.' Contains 5.3 per cent hydrogen peroxide.

VERDICT: 'These are not permitted in the UK, though they can be bought from European websites,' says Dr Greenwall. 'They are effective, but they need to be supervised by

a dentist. Some whitening strips (though not

Crest) are very acidic and this has a damaging effect on the teeth.'

5/10

## REMBRANDT 2-HOUR WHITENING KIT, £12.17, DRUGSTORE.COM

CLAIM: 'Visibly whiter teeth in two hours.'

VERDICT: 'This will whiten your teeth,' says Dr Greenwall. This kit contains a tray that is placed over the teeth. Professor Eder adds: 'If the tray is ill-fitting, make sure to not hold bleach against the soft tissue near the edges of the teeth for too long.'

6/10

## BEVERLY HILLS FORMULA, £2.70, TESCO

CLAIM: 'Advanced cleaning formula removes



stains without harsh abrasives or bleach.'

VERDICT: 'This contains hydrated silica, which works by polishing stains rather than by abrading the tooth surface,' says Dr Dina Dedi, from the Eastman Dental Institute,

London. 'It also contains sodium bicarbonate (baking soda) which acts as a gentle abrasive.'

3/10

## EXPERT TEETH-WHITENING STICK, BOOTS, £9.99

COAT the tooth with accelerator gel then apply whitening gel up to four times a day for a week.

CLAIM: 'Lets you target individual stains on your teeth. Gentle non-peroxide formula.'

VERDICT: Dr Greenwell says: 'It's very high in acidity, and directly placing acid on your teeth is harmful to the enamel.'

1/10

■ [Drphilstemmer.com](http://Drphilstemmer.com)