

Rob Kemp, contributor, MSN Him, 12/07/2011 09:18

## Tooth truths and mouth myths

# Any toothpaste is a good toothpaste



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### MYTH

"Not always the case," says Professor Andrew Eder, clinical director of the [London Tooth Wear Centre](#). "For optimal dental health benefits, you want one that contains fluoride and isn't abrasive. Some toothpastes may not contain fluoride and might have abrasive whitening particles," warns Professor Eder.

On Bing: [More about fluoride toothpaste](#)