

# Ingredient Safety Ratings of Hydroxyapatite Toothpastes

DISCLAIMER: This document is for informational purposes only and is not medical or dental advice. It is the responsibility of each person to do his or her own research and speak with a qualified doctor or dentist about any product or practice recommended by Mama Rissa.

The purpose of this document is to make it easier for caregivers to evaluate the safety of hydroxyapatite toothpaste ingredients.

The ratings indicated in this document were taken from the Environmental Working Group (EWG) website, <https://www.ewg.org/>. The EWG rates ingredients and chemicals based on a 10-point rating system with 1 being the safest and least hazardous rating and 10 being the most dangerous rating. Ratings 1-2 are color-coded green, ratings 3-6 are color-coded orange and ratings 7-10 are color-coded red.

For the purpose of making it easier to evaluate EWG's safety ratings of each ingredient within each hydroxyapatite toothpaste, the ingredients are color-coded to correspond with their ratings. Additionally, the rating, data quality and a brief mention of any concerns with the ingredient are listed in the all-inclusive ingredient list. Any ingredients which are not color-coded do not have a rating on EWG's website.

## IMPORTANT NOTES:

It is important to note that this list is not a perfect picture of the purity of each toothpaste or toothpaste ingredient. Because I am unable to spend excessive amounts of time extensively researching 50+ ingredients, I have listed in this document the safety ratings from only one source – EWG. However, EWG is not a perfect source, and it is advisable to do further research on any ingredients you are concerned about.

For example, EWG rates “natural flavors” and “artificial flavors” as being safe. However, I would not personally consider these ingredients to be healthy based on my own knowledge of them. EWG does have an article explaining exactly what natural and artificial flavors are that is really helpful for furthering your understanding of them and what they are derived from. You can read that article here: <https://www.ewg.org/foodscores/content/natural-vs-artificial-flavors/>

Additionally, EWG rates many essential oils as being higher-risk on the safety scale. Yet, as Bubble & Bee defends, essential oils have many beneficial and healing properties which are not taken into account. Additionally, many of the substitutes EWG offers as alternatives for essential oils are likely more hazardous than essential oils despite the fact that they have better safety ratings on EWG's website. I recommend you read Bubble & Bee's full article on the topic here: <https://bubbleandbee.com/the-honey/?p=essential-oils>

Another thing to keep in mind is that ingredients in this list which state high, moderate or low-moderate "concerns for use restrictions" usually means the ingredient scores higher/less safe when it is being used in a product that will be inhaled, meaning the rating goes down/is more safe when it is used in a non-inhalable form. Therefore, ingredients listed with these concerns may not actually be hazardous when used in toothpaste which will not be inhaled

Ultimately, EWG is a helpful guide in determining the safety of the ingredients in hydroxyapatite toothpastes, but it is advisable to conduct your own research outside the realm of EWG as well. Having said that, I do hope that this document will help to eliminate a lot of work for you in determining which toothpaste options are the safest for your family.

The information contained in this document is accurate as of August 27, 2024.

**Aloe Barbadensis Leaf Juice / Aloe Vera**

EWG Rating: 1  
Data: Good

**Aloe Barbadensis Leaf Extract**

EWG Rating: 1  
Data: Limited

**Artificial Flavor**

EWG: Lower concern

**Baking Soda/Sodium Bicarbonate**

EWG Rating: 1  
Data: Fair

**Bentonite Clay**

EWG Rating: 1-2  
Data: Fair  
Moderate concern for use restrictions

**Calcium Carbonate**

EWG Rating: 1  
Data: Good

**Calcium Silicate**

EWG Rating: 1  
Data: Fair

**Camellia Sinensis (Green Tea) Leaf Extract**

EWG Rating: 2  
Data: Good  
Moderate concerns for allergy & immunotoxicity

**Calendula Extract**

EWG Rating: 1  
Data: Limited

**Cellulose Gum**

EWG Rating: 1  
Data: Fair

**Citric Acid**

EWG Rating: 1-2  
Data: Good  
Moderate concerns for use restrictions

**Coconut Oil**

EWG Rating: 1  
Data: Fair

**Cucumis Sativus (Cucumber) Fruit Extract**

EWG Rating: 1  
Data: Fair

**Dimethyl Sulfone/Methylsulfonylmethane**

EWG Rating: 1  
Data: Limited

**Elettaria Cardamomum Miniscula Seed (Cardamom)**

EWG Rating: 1  
Data: Limited

**Erythritol**

EWG Rating: 1  
Data: Limited

**Gaultheria Procumbens (Wintergreen) Oil**

EWG Rating: 1  
Data: Limited

**Glycerin/Vegetable Glycerin**

EWG Rating: 1-2  
Data: Fair  
Moderate concerns for use restrictions

**Guar Gum**

EWG Rating: 1-2  
Data: Good  
Moderate concerns for allergies & immunotoxicity

**Hydrated Silica**

EWG Rating: 2  
Data: Fair

**Low-moderate concerns for cancer**

**Hydroxyapatite / Microcrystalline Hydroxyapatite/Nano-Hydroxyapatite**

EWG Rating: 1  
Data: Fair

**Hydroxyethyl Cellulose**

EWG Rating: 1  
Data: Fair

**Hydrogenated Starch Hydrolysate**

EWG Rating: 1  
Data: Limited

**Mangifera Indica (Mango) Fruit Extract**

EWG Rating: 1  
Data: Fair

**Medium Chain Triglycerides**

EWG Rating: 1  
Data: Fair

**Natural Flavor / Natural Strawberry Flavor**

EWG: Lower Concern

**Persea Gratissima  
(Avocado) Fruit Extract**

EWG Rating: 1  
Data: Limited

**Poloxamer 407**

EWG Rating: 2  
Data: Fair

**Potassium Chloride**

EWG Rating: 1  
Data: Good

**Potassium Cocoate**

EWG Rating: 1  
Data: Limited

**Potassium Sorbate**

EWG Rating: 2  
Data: Limited  
Moderate concerns for  
allergies &  
immunotoxicity

**Propanediol**

EWG Rating: 2  
Data: Fair

**Purified Water / Water /  
Aqua**

EWG Rating: 1  
Data: Robust

**Sodium Benzoate**

EWG Rating: 1-2  
Data: Fair  
Moderate concerns for use  
restrictions

**Sodium Bicarbonate**

EWG Rating: 1  
Data: Fair

**Sodium Cocoyl  
Glutamate**

EWG Rating: 1  
Data: Fair

**Sodium Gluconate**

EWG Rating: 1  
Data: Limited

**Sorbitol/Sorbitol Powder**

EWG Rating: 1  
Data: Good

**Stevia Rebaudiana Leaf  
Extract / Stevia  
Rebaudiana  
Extract/Powder**

EWG Rating: 1  
Data: Limited

**Triacetin**

EWG Rating: 1  
Data: Fair

**Vanilla Planifolia Fruit  
Extract**

EWG Rating: 1  
Data: Fair  
Low-moderate concerns  
for allergies &  
immunotoxicity

**Xanthan Gum**

EWG Rating: 1  
Data: Fair

**Xylitol**

EWG Rating: 1  
Data: Fair

**Zinc Oxide**

EWG Rating: 1-2  
Data: Good  
Low-moderate concerns  
for allergies &  
immunotoxicity

**Benzyl Alcohol**

EWG Rating: 4  
Data: Fair  
High concern for allergies  
& immunotoxicity

**Cinnamon Bark  
Essential Oil**

EWG Rating: 3  
Data: Fair  
High concerns for allergies  
& immunotoxicity

**Calcium Lactate**

EWG Rating: 2-5  
Data: Fair  
High concerns for use  
restrictions

**Illicium Verum (Star  
Anise) Oil**

EWG Rating: 3  
Data: Fair  
High concerns for allergies  
& immunotoxicity

**Mentha Piperita  
Essential (Peppermint)  
Oil**

EWG Rating: 4  
Data: Fair  
High concerns for allergies  
& immunotoxicity

**Mentha Viridis  
(Spearmint) Oil**

EWG Rating: 3  
Data: Fair  
High concerns for allergies  
& immunotoxicity

**Menthol**

EWG Rating: 3  
Data: Limited  
High concerns for allergies  
& immunotoxicity

**Orange Essential Oil**

EWG Rating: 5-6

Data: Good

High concerns allergies &  
immunotoxicity; moderate  
concerns for use  
restrictions

**Sodium Hydroxide**

EWG Rating: 1-4

Data: Good

High concerns for use  
restrictions

**Silica**

EWG Rating: 1-3

Data: Good

**Sodium Lauroyl****Sarcosinate**

EWG Rating: 2-4

Data: Limited

Moderate concerns for use  
restrictions

<b>Boka Ela Mint Toothpaste</b>
Water
Vegetable Glycerin
Hydrated Silica
Sorbitol Powder
Silica
Hydroxyapatite (Nano)
Sodium Benzoate
Sodium Lauroyl Sarcosinate
Mentha Piperita Essential (Peppermint) Oil
Mentha Viridis (Spearmint) Oil
Illicium Verum (Star Anise) Oil
Gaultheria Procumbens (Wintergreen) Oil
Xylitol
Xanthan Gum
Stevia Rebaudiana Extract Powder
Methylsulfonylmethane
Aloe Barbadensis (aloe Vera) Leaf Juice
Sodium Bicarbonate
Camellia Sinensis (Green Tea) Leaf Extract
Cucumis Sativus (Cucumber) Fruit Extract
Persea Gratissima (Avocado) Fruit Extract
Mangifera Indica (Mango) Fruit Extract
Menthol
Elettaria Cardamomum Miniscula Seed (Cardamom)
Potassium Chloride

<b>Boka Orange Cream Toothpaste</b>
Water
Glycerin
Hydrated Silica
Sorbitol
Silica
Nano Hydroxyapatite
Sodium Benzoate
Xanthan Gum
Xylitol
Sodium Lauroyl Sarcosinate
Potassium Chloride
Stevia Rebaudiana Leaf/Stem Extract
Dimethyl Sulfone
Aloe Barbadensis Leaf Juice
Sodium Bicarbonate
Medium Chain Triglycerides
Natural Flavor
Camellia Sinensis Leaf Extract
Cucumis Sativus (Cucumber) Fruit Extract
Mangifera Indica (Mango) Fruit Extract
Persea Gratissima Fruit Extract
Triacetin
Benzyl Alcohol

<b>CariFree Fluoride-Free Grape Gel</b>
Water
Xylitol
Glycerin
Hydrogenated Starch Hydrolysate
Hydroxyethyl Cellulose
Potassium Sorbate
Artificial Flavor
Hydroxyapatite
Sodium Benzoate
Poloxamer 407
Sodium Bicarbonate
Sodium Hydroxide

<b>Dr. Jen Fluoride-Free Kids Strawberry Toothpaste</b>
Aqua
Glycerin
Silica
Xylitol
Nano-Hydroxyapatite
Natural Flavor
Xanthan Gum
Citric Acid
Calendula Extract

Happy by Longevity Science Cinnamon Erythritol Toothpaste
Purified Water
Hydroxyapatite
Erythritol
Calcium Carbonate
Calcium Lactate
Coconut Oil
Sodium Bicarbonate
Calcium Silicate
Aloe Vera
Cinnamon Bark Essential Oil
Guar Gum

Happy by Longevity Science Orange Cream Xylitol Toothpaste
Purified Water
Hydroxyapatite
Xylitol
Calcium Carbonate
Calcium Lactate
Coconut Oil
Sodium Bicarbonate
Calcium Silicate
Aloe Vera
Organic Orange Essential Oil Flavor
Guar Gum

Wellnesse Children's Strawberry Toothpaste
Sorbitol
Calcium Carbonate
Purified Water
Xylitol
Silica
Hydroxyapatite
Natural Strawberry Flavor
Sodium Cocoyl Glutamate
Sodium Bicarbonate
Xanthan Gum
Aloe Barbadensis Leaf Extract
Stevia Rebaudiana Leaf Extract

Happy by Longevity Science Unflavored Erythritol Toothpaste
Purified Water
Hydroxyapatite
Erythritol
Calcium Carbonate
Calcium Lactate
Coconut Oil
Sodium Bicarbonate
Calcium Silicate
Aloe Vera
Guar Gum

Wonder Oral Wellness Kids Strawberry Tooth Powder
Bentonite Clay
Organic Xylitol
Organic Strawberry Powder
Microcrystalline Hydroxyapatite
Baking Soda
Calcium Carbonate
Organic Cinnamon
Orange Essential Oil

<b>Risewell Cake Batter Kids Mineral Toothpaste</b>
Silica
Sorbitol
Glycerin
Xylitol
Hydroxyapatite
Calcium Carbonate
Propanediol
Vanilla Planifolia Fruit Extract
Potassium Cocoate
Stevia Rebaudiana Extract
Erythritol
Cellulose Gum
Sodium Gluconate
Xanthan Gum

<b>Risewell Cake Batter Kids PRO Mineral Toothpaste</b>
Water
Sorbitol
Hydrated Silica
Glycerin
Xylitol
Hydroxyapatite
Calcium Carbonate
Propanediol
Nano-Hydroxyapatite
Vanilla Planifolia Fruit Extract
Potassium Cocoate
Stevia Rebaudiana Extract
Xanthan Gum
Cellulose Gum
Erythritol
Sodium Gluconate