

# Does Sensodyne Toothpaste Have Fluoride?

by Casey J Krol

One of the most popular brands around but does Sensodyne toothpaste have fluoride?

Considering how toxic fluoride is, it would be a shame if it did.

While for those unaware of fluoride's true nature, [what is fluoride](#) is a great place to start.

Now, let's get to the answer.

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## Does Sensodyne Toothpaste Have Fluoride?



Clearly, this little girl is using fluoride-free toothpaste.

But... is she using Sensodyne?!

Now, as one of the more mainstream and mass produced toothpastes, the likelihood of Sensodyne containing fluoride is **high**.

To confirm this, I looked through the ingredients of all 12 types of toothpaste Sensodyne sells, based on the ones available on their website<sup>(1)</sup>.

## Sensodyne Toothpaste WITH Fluoride

This is a complete list of Sensodyne toothpastes that CONTAIN fluoride:

- Rapid Relief Extra Fresh
- Rapid Relief
- Complete Protection Toothpaste
- Deep Clean Toothpaste
- Complete Protection Extra Fresh Toothpaste
- Repair and Protect Whitening
- Repair and Protect Extra Fresh Toothpaste
- Whitening Plus Tartar Fighting Toothpaste
- Ultra Fresh Toothpaste
- Repair and Protect Toothpaste
- Multi-Action Plus Whitening Toothpaste
- Multi-Action Toothpaste
- Fresh Mint Toothpaste
- Brilliant Whitening Toothpaste

## Sensodyne Toothpaste WITHOUT Fluoride

This is a complete list of Sensodyne toothpastes that **DO NOT** contain fluoride:

- Classic

Yes, there is only one type of Sensodyne toothpaste without fluoride.

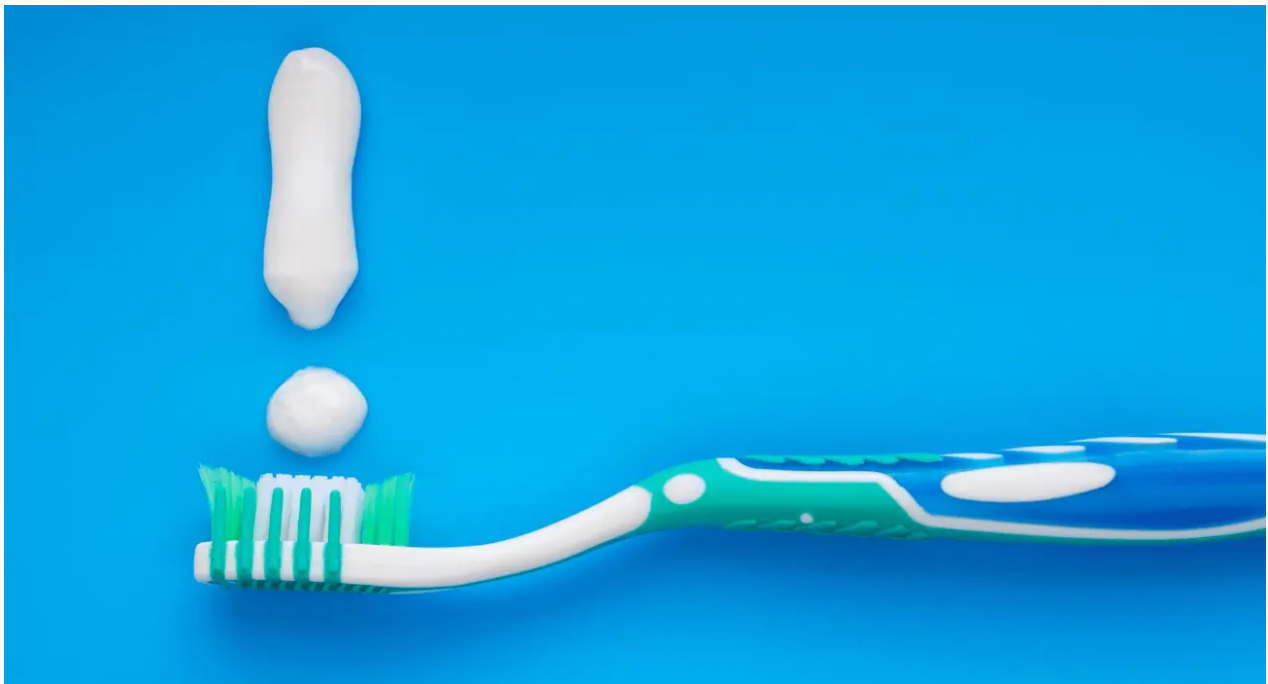
It's also extremely hard to find, as it's not displayed on the Sensodyne website or even on Amazon.

Thus, it seems like ALL Sensodyne toothpastes contain fluoride.

However, while I was looking through the ingredients list, I noticed not only fluoride...

A few other ingredients were included that could pose a risk to your health.

## Should You Use Sensodyne Toothpaste?



Without a doubt, you should not use Sensodyne toothpaste.

Especially when you consider fluoride's effect on human health; [skeletal fluorosis](#), [pineal gland calcification](#), and [fluoride's effect on the brain](#).

Not to mention how females, children, and other groups of the population are at increased risk of **fluoride toxicity**.

But as mentioned, fluoride was not the only toxic ingredient in Sensodyne toothpaste...

- Sodium Laurul Sulfate
- Artificial Sweeteners
- Propylene Glycol

- Tetrasodium Pyrophosphate

All of which have a negative effect on your health.

It's clear that Sensodyne includes ingredients, not for the well being of their customers but to maximize their profits.

## What Kind Of Toothpaste Should You Use?



On the other side, there are companies that take the well-being of their customers into consideration.

Including ingredients that clean teeth but also don't cause any health effects.

For that reason, we should reward these businesses.

The tricky thing is, there are many different brands of toothpaste that go above and beyond.

The one's I use are included in the [fluoride detox guide](#).

However, simply searching "fluoride-free" in Amazon will bring up a bunch of brands that do a great job.

Anyways, there you have it, the [truth about fluoride](#) in regards to *Sensodyne* toothpaste.

If you have any questions, feel free to leave them below and I'll answer them ASAP.

Cheers!



## Casey J Krol

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