

# Charcoal Toothpaste

## Label Check & Dental Questions

Record what the package actually says

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Bring the product or a clear label photo to your dental visit. Record unknown details as "not found" rather than guessing. This is not a safety test.

Name / date:

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### 1. Identify the product

Exact product name / brand / version:

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Currently using, or considering? If using, since when?

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### 2. Copy label details

Fluoride ingredient and amount, if listed:

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Other active ingredients / stated purpose:

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Whitening or other claims (copy the wording):

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Directions / frequency / warnings:

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Label photo location / other details to ask about:

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Fluoride on the label does not establish whitening effectiveness or suitability for your mouth. Do not infer abrasiveness from the color or ingredient list.

# Charcoal Toothpaste

## Label Check & Dental Questions

Discuss your needs with your dental team

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A label review cannot determine whether a toothpaste is right for you. This sheet does not recommend trying charcoal or testing it on a sensitive tooth.

### 1. My dental concerns and goals

Sensitivity, receding gums, or tooth wear I have noticed:

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Crowns, veneers, fillings, or other dental work:

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What I hope to change about my smile:

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### 2. Questions to ask

Is the discoloration a surface stain or something else? Is this product appropriate for my teeth and roots? What evidence supports its claims? What other options fit my needs?

My additional question:

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### 3. Recommendations and next steps

Dentist / visit date:

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Recommended product or care / next step:

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Educational worksheet, not a diagnosis or product endorsement. RDA values are not a safety ranking. Reference: American Dental Association, Toothpastes.