

## What is SLS?

Sodium Lauryl Sulfate (also called sodium dodecyl sulfate, SDS) is used as a detergent in many cleaning and hygiene products. It is found in laundry detergent, toothpastes, shampoos, shaving cream, etc. SLS is added to these products for its ability to create foam and lather.

## Is SLS bad for me?

No. There have been no studies showing that SLS is unsafe when eaten or applied directly. However, it can irritate the skin with prolonged and constant exposure, and it may worsen skin problems in people with chronic skin hypersensitivity.

## Why is SLS in my toothpaste?

People like toothpaste that foams and lathers. Toothpaste companies discovered years ago that when they removed SLS from their toothpaste, consumers did not like the non-foaming action and it felt like the toothpaste wasn't "working". They put SLS back in the toothpaste in order to please consumers so people would keep buying their toothpaste.

## Does SLS in toothpaste cause canker sores?

SLS in toothpaste does not cause any problems in the vast majority of people. However, there have been several studies about the effect of toothpaste SLS on canker sores (aphthous ulcers). If you get canker sores more than once or twice a year, you should consider SLS-free toothpaste. Use the SLS-free toothpaste for at least two months to see if it decreases the number of canker sores you get.



## What brands sell SLS-free toothpastes with fluoride?

- Biotene Fluoride toothpaste (Walgreens, Albertsons, CVS, Walmart, Amazon.com, Drugstore.com)
- CloSYS Sulfate-Free Fluoride Toothpaste (Walgreens, Amazon.com)
- Anamelon Fluoride Toothpaste (Amazon.com)
- Halos N Horns Toothy Fruity Toothpaste (Amazon.com)
- Jason Fluoride Gel Toothpaste (Whole Foods, Vitamin Shoppe, Sprouts, Farmer Market, Amazon.com)
  - o Healthy Mouth Anti-Cavity & Tartar Control, Tea Tree Oil and Cinnamon
  - o Nutrismile® Enamel Defense Anti-Cavity. Powersmile® Anti-Cavity & Whitening
  - o Powersmile® Plus Coq10: Sea Fresh® Strengthening Anti-cavity CoQ10
- Kiss My Face Toothpaste (Walgreens, Whole Foods, Bed Bath and Beyond, Amazon, Drugstore.com)
  - o Kids Berry Smart Fluoride: Anti Cavity Whitening: Triple Action Anticavity
- Natural Dentist Toothpaste (Vitamin Shoppe, Amazon.com)
  - o Healthy Teeth and Gums Whitening: Anti-Cavity, Original Peppermint Twist: Child Sparkle Berry Blast
- Pasta del Capitano Toothpaste (Amazon.com)
  - o “Whitening” OX-Active: “Difesa a 360°” Tooth Gel 360° Defense: “Antitartaro” Antitartar)
- Squigle Enamel Saver Toothpaste (Amazon.com, HomesteadMarket.com)
- Sensodyne ProNamel Toothpaste (Albertsons, Walgreens, CVS, Rite Aid, Walmart, Amazon.com)
  - o Fresh Wave: Gentle Whitening: Mint Essence: Multi-Action: 6-12 Years for Kids, mint
- Trader Joe’s All Natural Anticavity Peppermint Toothpaste with Fluoride (Trader Joe’s, Amazon.com)
- Verve Ultra SLS-Free Toothpaste with Fluoride (Amazon.com, VerveUltra.com)
- Hello oral care FI kids toothpaste
- Burts bees toothpaste with Fluoride, clean and fresh mint medley ( Walmart, Kroger, amazon )