



# Toothpaste D.I.Y. Party!\*

With Jon and Julia

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\*Sorry we don't have any other friends....

# D.I.Y. Natural Toothpaste!



Jon normally uses Colgate Cavity Protection toothpaste, which is rated 4 on the Think Dirty app. Julia uses Tom's of Maine, which is rated 1. Julia ran out of toothpaste this morning (perfect timing!) and since Jon needed some that wasn't going to destroy the planet, we decided to DIY it!

We found several recipes online and went with a combination that worked with what we had already and was going to keep our teeth nice and purdy :D

# Ingredients We Avoided:

## In Commercial Toothpaste:

- Fluoride: *toxic if swallowed*
- Dyes: *linked to ADHD*
- Glycerin: *disrupts microbiome and oral mucosa*
- Sodium lauryl sulfate: *causes canker sores*
- Titanium dioxide: *unnecessary additive for coloring*
- Triclosan: *pesticide, hormone disruptor*

## Commonly Included in DIY Toothpastes:

- Essential oils: *kill beneficial mouth bacteria*
- Hydrogen peroxide: *creates free radicals that are dangerous to the gums and mouth*
- Acidic ingredients: *prevent remineralization*
- Sweeteners: *can impact sugar cravings*

# Our Ingredient Selection:



**Coconut oil:** Boosts your microbiome; naturally prevents thrush and other oral infections; reduces cavity causing bacteria.

**Baking soda:** Alkalinity balances mouth pH by neutralizing acids from commonly eaten foods; non-abrasive.

**Cacao:** Promotes remineralization of teeth (it's better than fluoride!); safely abrades plaque.

**Sea salt:** Mild abrasive; helps with remineralization.



# Time to Brush!



"I liked the coconut and chocolate flavor, but it was a little salty. The consistency was runny, which made it hard to keep brushing as long as I'd like. It was a good first attempt."



"I used to use coconut oil to brush and for oil pulling, so I didn't mind the consistency. I agree that it was a little salty, and I would omit that since it isn't really all that necessary. I'd also add arrowroot or Bentonite clay, which would probably thicken it up as well."

