



Colgate®

5% Hydrogen Peroxide Toothpaste Is Effective on Tooth Whitening

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OBJECTIVE:

To investigate the clinical tooth whitening efficacy of a 5% hydrogen peroxide (HP) toothpaste versus a non-HP toothpaste containing high-cleaning silica (HCS).

METHODS:

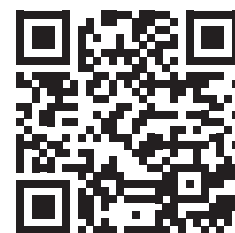
A phase III, randomized, double-blind clinical study was conducted on healthy subjects (18-70 years) from the Melbourne, Florida area. Subjects with maxillary incisors and canines with a mean VITA 3D-Master Extended BleachedGuide shade score of 17 or darker were included. Participants were allocated to either a Test Group (5% HP, 0.76% monofluorophosphate, and 1000 ppm fluoride (F)) toothpaste or a Positive Control Group (0% HP, 20% HCS, 0.243% sodium fluoride, and 1100 ppm F) toothpaste. Participants were instructed to brush their teeth twice daily for 2 minutes. Oral soft and hard tissue assessments, plus tooth shade evaluations were conducted at the baseline and after 3 weeks of product use at home. An Independent t-test was used for group comparisons with respect to baseline mean shade rank scores. Within-treatment comparisons with respect to baseline versus follow-up mean shade rank scores were performed using a paired t-test. ANCOVA was used for treatment group comparisons with respect to baseline-adjusted mean delta shade changes from baseline at the follow-up examination.

RESULTS:

Seventy-seven (77) subjects complied with the protocol and completed the study. The test group subjects, brushing with the 5% HP toothpaste, experienced statistically significant ($p < 0.001$) shade improvements of 2.88 units in mean tooth shade rank scores versus the positive control after 3 weeks of product use. No serious side effects were reported.

CONCLUSION:

The 5.0% HP toothpaste provides a greater level of tooth shade guide improvement versus an HCS toothpaste containing 0% HP, after 3 weeks of use.



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