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Does Teeth Whitening Toothpaste, Teeth Whitening Gum, Or Teeth Whitening Strips Remove Stains Better In Everyday Living Over A Four Week Period?

The purpose of this experiment was to see which type of teeth whitening product would work the best for teenagers. Since there has not been any research done on teenagers using teeth whiteners, this experiment would actually be one of the first researches for this topic. The experiment was done at home and school because both are a part of every day life. There were two subjects for each product. The two subjects using gum chewed two pieces for 45 minutes at 8:00am, 12:00 noon, 4:00pm, and 8:00pm for four weeks. The subjects using the toothpaste brushed their teeth at 7:15am and 9:00pm for four weeks. The subjects using the strips used them once a day for four weeks. They were restricted from eating or drinking anything acidic, carbonated, or colored so they wouldn't stain their teeth. The gum and the whitening strips worked about the same. This experiment proved that the gum would be just as good as the whitening strips, but are much safer because the gum is made with Sodium Bicarbonate which does not eat away the enamel, and as a plus they are way less expensive than the whitening strips. A pack of gum costs less than \$2.00 for enough gum to last for a week, and the whitening strips cost \$30.00 or more for a box that lasts for 14 days. This research also helped see that teenage kids can whiten their teeth by just chewing two pieces of gum for 45 minutes every four hours.