

Prep Time: 5-10 minutes | Cook Time: 0 minutes | Total Time: 5-10 minutes

Servings: 1 batch (approximately 3-4 oz) | Yield: Makes about 30-40 uses

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Why Make Your Own Toothpaste?

Commercial toothpastes often contain ingredients like sodium lauryl sulfate, artificial sweeteners, and fluoride—things many people want to avoid. This DIY recipe combines two popular natural ingredients: activated charcoal for its ability to bind to surface stains and toxins, and bentonite clay for its gentle polishing action and mineral content . Together with coconut oil and baking soda, they create a simple, effective paste that leaves your mouth feeling clean and fresh.

This recipe takes just minutes to prepare and uses ingredients you can find at most health food stores or online.

Ingredients

Ingredient	Amount	Purpose
Coconut oil (virgin, cold-pressed)	3 tablespoons	Base, binding agent, antibacterial
Bentonite clay (food-grade)	2 tablespoons	Gentle polish, mineral content
Baking soda	1 tablespoon	Mild abrasive, pH balance
Activated charcoal powder	1-2 teaspoons	Stain removal, whitening
Peppermint essential oil (optional)	5-10 drops	Flavor, freshness

Optional additions:

- Xylitol powder (1 teaspoon): Adds sweetness and may help fight plaque
 - Calcium carbonate powder (1 tablespoon): Gentle polish and calcium source
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Equipment

- Small mixing bowl (glass or ceramic—avoid metal)
- Wooden spoon or silicone spatula

- Small glass jar with lid (4 oz size works well)
- Measuring spoons

Important: Do not use metal bowls or utensils when working with bentonite clay. The clay carries a negative ionic charge, and metal can reduce its effectiveness .

Instructions

Step 1: Soften the Coconut Oil (1-2 minutes)

Measure 3 tablespoons of coconut oil into your mixing bowl. If the oil is solid (which it will be below 76°F), gently warm it until it becomes soft and pliable but not fully melted. You can place the bowl in a larger bowl of warm water for a minute or two, or simply microwave the coconut oil in short bursts.

Consistency tip: You want softened coconut oil, not hot liquid. If it's fully melted, the powders will sink to the bottom before the mixture cools.

Step 2: Combine Dry Ingredients (1 minute)

In a separate small bowl, mix together the bentonite clay, baking soda, and activated charcoal. Whisk or stir with your wooden spoon until the powders are evenly blended.

Note on charcoal: Start with 1 teaspoon. You can always add more if you want a deeper black paste, but too much charcoal can make the paste overly abrasive .

Step 3: Add Coconut Oil to Dry Mixture (2 minutes)

Add the softened coconut oil to the dry ingredients. Mix thoroughly until you have a smooth, uniform paste with no dry pockets or clumps. The texture should resemble a thick frosting .

Step 4: Add Essential Oils (30 seconds)

If using peppermint essential oil, add 5–10 drops and stir once more to incorporate. Peppermint provides a fresh taste and has natural antibacterial properties .

Essential oil caution: If you're pregnant, nursing, or using this toothpaste for children, consult a healthcare provider before using essential oils. You can also omit them entirely.

Step 5: Transfer and Store (1 minute)

Spoon the finished toothpaste into your small glass jar. Seal with a lid and store in a cool, dry place.

Storage: If your bathroom is warm, the coconut oil may liquefy. If it's cold, the paste will harden. Either way, the toothpaste remains effective—simply stir if separated, or run the closed jar under warm water for 20 seconds if it's too hard to scoop .

How to Use

1. Scoop a pea-sized amount onto your toothbrush using a small clean spoon or spatula (to avoid introducing bacteria into the jar).
2. Brush gently for 2 minutes using a soft-bristled brush.

3. Rinse thoroughly with water.

4. Spit—do not swallow. Activated charcoal can bind to medications and nutrients if ingested in large amounts.

Usage frequency: Use this toothpaste 2–3 times per week as a supplement to your regular dental routine, not as a complete replacement . Daily use may be too abrasive for some people.

Important Safety Considerations

Abrasiveness and Enamel

Research shows that activated charcoal toothpaste and powder can increase surface roughness and decrease enamel microhardness with regular use . The American Dental Association has stated there is no evidence that charcoal dental products are safe or effective . Dental professionals in Spain warn that activated charcoal is highly abrasive—“like sanding your teeth”—and can wear down enamel, expose yellowish dentin, and increase sensitivity .

Bottom line: Use sparingly, brush gently, and monitor your teeth for sensitivity.

Bentonite Clay and Heavy Metals

Bentonite clay contains minerals including calcium, magnesium, and silica, but it can also contain trace heavy metals . There is no scientific evidence that bentonite clay cures cavities or gum disease . Use food-grade clay only, and don’t rely on this toothpaste to treat dental problems.

When to Avoid This Recipe

- Do not swallow. Activated charcoal can interfere with absorption of medications and nutrients.
- Avoid if you have sensitive teeth or receding gums.
- Not for children without consulting a dentist.
- Don't use metal utensils with bentonite clay.

Nutrition Information

This is a topical oral care product, not a food. Do not ingest.

For reference only, per batch (approximately 3 oz):

Nutrient	Amount (estimated)
Calories	~350 kcal (from coconut oil)
Total Fat	~39 g
Saturated Fat	~34 g
Carbohydrates	~3 g
Protein	<1 g
Sodium	~1,200 mg (from baking soda)