

Published based on [Best Tooth Whitening Products: An Overview of Popular Home Tooth Whitening Products](#)

Best Tooth Whitening Products: An Overview of Popular Home Tooth Whitening Products

Do you want to whiten your yellow or stained teeth or just to brighten and enhance your smile? If so, you are not alone. It is estimated that in the United States alone, about \$1.4 billion dollars is spent annually on tooth whitening products. Since teeth whitening is so popular, most people considering this procedure want to know the best way to whiten and also what are the [best tooth whitening products](#) available on the market today.

Today, some of the at home teeth whitening systems can give you similar results to that of dental office procedures. Here's a rundown of the more popular over-the-counter products that you can try.

Best Tooth Whitening Products:

1) **Tooth Whitening Toothpaste** – this is the most popular of all the tooth whitening products available in the market. A lot of major toothpaste brands have their own versions of the tooth whitening toothpaste. These toothpastes mostly contain sodium bicarbonate or what's commonly called baking soda. The sodium bicarbonate acts as an abrasive and slowly wears down the surface stain in your teeth in order to come up with pearly whites. Just like using a rag and cleanser in order to make silverware shine, whitening toothpastes slowly polishes teeth every time you brush them until they become white and shiny.

2) **Teeth Whitening Strips** – this product is slowly gaining popularity, as it's one of the most convenient ones to use. Made from a very flexible plastic, these strips stick directly to your teeth and are worn for hours. The active ingredient in these strips is carbamide peroxide. What's great about these strips is that you can effectively whiten your teeth as you sleep, watch TV and do other stuff at home. Results start showing after two weeks of faithfully using the strips.

3) **Teeth Whitening Gels** – like the teeth whitening strips, gels also use carbamide peroxide as a whitening agent for teeth. They are used together with specially made dental trays in order to keep the gel in place after it's applied. Gels are one of the most effective teeth whitening products in the market. The only drawback is that it's one of the most difficult products to use.

4) **Paint On Whitening** – This is the newest addition to the teeth whitening market. It is also one of the most convenient products to use. All you have to do is paint each tooth with the whitening agent, wait for 30 minutes and brush your teeth after. It is recommended that this should be done twice a day with results showing after a few days.

All of these products have their pros and cons. Results will vary significantly because many factors influence the whitening process. Results may also vary from system to system and person to person. When looking for the [best tooth whitening products](#), it is a good idea to consider how the product will fit into your lifestyle. You should also consider ease of delivery, effectiveness and affordability.

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