

**Table 1. Concentrations of Commonly Used Tooth Whitening Agents.**

APPLICATION	AGENT	OTC / PROFESSIONAL	CONCENTRATION
In-Office “Power Bleaching”	Hydrogen peroxide	Dentist-applied	15% – 38%
	Carbamide peroxide <sup>a</sup>	Dentist-applied	35%
Nightguard Vital Bleaching	Carbamide peroxide	Dentist-dispensed	10% – 22%
	Hydrogen peroxide	Dentist-dispensed	6% – 9.5%
Polyethylene Whitening Strips	Hydrogen peroxide	OTC	5.3%; 6.0% <sup>b</sup>
			10% <sup>c</sup>
	Hydrogen peroxide	Dentist-dispensed	6.5%; 14% <sup>d</sup>
Paint-on Liquids/Gels	Carbamide peroxide	OTC	18%
	Sodium percarbonate	OTC	19%
<sup>a</sup> Carbamide peroxide degrades to 1/3 hydrogen + 2/3 urea. Thus, a 35% carbamide peroxide solution is equivalent to approximately 12% hydrogen peroxide. <sup>b</sup> 5.3% and 6.0% concentrations supplied in two-week OTC kits. <sup>c</sup> 10% concentration supplied in 1-week OTC kits. <sup>d</sup> 6.5% and 14% concentrations supplied in 3-week professionally-dispensed kits; 14% concentration has reduced film thickness, delivering a total amount of peroxide similar to that of 6.5% concentration (13 – 14 mg).			