



Homemade toothpaste

Ingredients

1 cup [Baking soda](#)¹

1 cup [Arrowroot powder](#)

1/4 cup [Magnesium citrate](#)—Note, the beauty of these powdered minerals is that they contain no additives, as those are usually required to make the capsules and then to oil the capsules for faster shuttling through machines.

1/4 cups [Calcium citrate](#)

(Optional) A few drops of an essential oil or powdered herb per your taste (mint, lemon, clove, etc.). Or even better: dried, powdered herbs such as mint, lavender, and so on.

Steps

1. Place all of the ingredients in a large bowl and whisk them together.
2. Transfer the mixed powder to a lidded jar using a wide funnel.
3. I like to keep [a tiny dessert dish or ramekin](#) full of the powder in the medicine cabinet. Wet your toothbrush and drag it through the powder to use on your teeth.

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