ABSTRACT

An object of the present invention is to provide an oral composition having high stain removal efficiency relative to its abrasive ability. The present invention provides an oral composition containing fused silica and a dental abrasive. The oral composition has a high stain removal ability relative to the abrasive ability thereof. In other words, the ratio (stain removal ability/abrasive ability) of the oral composition is high. Accordingly, the use of the oral composition makes it possible to efficiently remove stains without damaging the teeth more than necessary.