

Reader's Digest

14 Teeth-Whitening Products Dentists Actually Use on Themselves

By Bruce Gruber

A flood of teeth whitening products are on the market promising ingredients ranging from all-natural to high-tech, and it's hard to know which ones actually work. We spoke with top dentists to find out which teeth whitening products they actually use themselves.

Mobile White by **Dr. Dorfman**



via [amazon.com](https://www.amazon.com)

This teeth whitening system isn't just suggested by a dentist—it was actually created by one, and it's used in conjunction with your smartphone, too. Users can access the Mobile White LED lite tray and whiten their teeth whenever, wherever. In addition to the blue LED light to accelerate safe teeth

whitening, the system offers adapters for both iPhone and Android phones, four syringes of whitening gel, a 3D shade guide, and storage case. This is the peroxide-based future we were promised.

<https://www.rd.com/health/beauty/teeth-whitening-products-dentists-actually-use/>