For Composite Only

1. Prisma-Gloss/Prisma-Gloss Extra Fine
   Dentsply/Caulk

2a. Enamelize
    Cosmedent

2b. Insta-Glaze HYB
    George Taub

For Porcelain and Composite

1a. Diamond Polish
    Ultradent

1b. Porcelize
    Cosmedent

2a. Insta-Glaze
    George Taub

2b. Luminescence Plus
    Premier

2c. Sparkle
    Pulpdent

2d. Truluster
    Brasseler
<table>
<thead>
<tr>
<th>For Composite Only</th>
<th>Cost/g</th>
<th>Abrasive</th>
<th>Delivery</th>
<th>Flow¹</th>
<th>Grits</th>
<th>Color</th>
<th>Prophy cup</th>
<th>FlexiBuff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prisma-Gloss/Prisma-Gloss Extra Fine</td>
<td>$9.79</td>
<td>Aluminum Oxide</td>
<td>Syringes</td>
<td>5.0</td>
<td>2</td>
<td>White</td>
<td>5</td>
<td>5</td>
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<td>Enamelize Cosmedent</td>
<td>$1.83–$5.15</td>
<td>Aluminum Oxide</td>
<td>Tubes, Syringes</td>
<td>5.0</td>
<td>1</td>
<td>White</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Insta-Glaze HYB George Taub</td>
<td>$13.50</td>
<td>Diamonds</td>
<td>Syringes</td>
<td>5.0</td>
<td>2</td>
<td>Light Gray</td>
<td>3</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For Porcelain and Composite</th>
<th>Cost/g</th>
<th>Abrasive</th>
<th>Delivery</th>
<th>Flow¹</th>
<th>Grits</th>
<th>Colors</th>
<th>Prophy cup</th>
<th>FlexiBuff</th>
<th>Prophy cup</th>
<th>Flexibuff</th>
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<tr>
<td>Diamond Polish Ultradent</td>
<td>$6.66</td>
<td>Diamonds</td>
<td>Syringes</td>
<td>5.0</td>
<td>0.5µ</td>
<td>Medium Gray</td>
<td>1</td>
<td>4</td>
<td>4</td>
<td>4.25–4.5</td>
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<tr>
<td>Porcelize Cosmedent</td>
<td>$12.99</td>
<td>Diamonds</td>
<td>Syringes</td>
<td>5.0</td>
<td>1µ</td>
<td>Pink Blue</td>
<td>1</td>
<td>5</td>
<td>4</td>
<td>4.25</td>
</tr>
<tr>
<td>Insta-Glaze George Taub</td>
<td>$13.50</td>
<td>Diamonds</td>
<td>Syringes</td>
<td>5.0</td>
<td>3µ</td>
<td>Blue</td>
<td>4</td>
<td>2</td>
<td>3.5</td>
<td>4</td>
</tr>
<tr>
<td>Truluster Brasseler</td>
<td>$10.40</td>
<td>Diamonds</td>
<td>Syringes</td>
<td>5.0</td>
<td>2–5µ</td>
<td>Light Gray</td>
<td>3.5</td>
<td>4–4.5</td>
<td>3.5</td>
<td>3.75</td>
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<tr>
<td>Sparkle Pulpdent</td>
<td>$4.46</td>
<td>Diamonds</td>
<td>Syringes</td>
<td>5.0</td>
<td>&lt;1µ</td>
<td>Light Gray</td>
<td>5</td>
<td>4</td>
<td>3.5</td>
<td>3.5</td>
</tr>
<tr>
<td>Luminescence Plus Premier</td>
<td>$11.67</td>
<td>Diamonds</td>
<td>Syringes</td>
<td>4.5</td>
<td>3–5µ</td>
<td>Gray</td>
<td>4.5</td>
<td>2.5</td>
<td>3.25</td>
<td>3.5</td>
</tr>
</tbody>
</table>

1. Most Flow to Least Flow
2. No Shine to High Shine

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With more diamond-impregnated rubber instruments on the market for polishing both composite and porcelain, the need to use a paste is greatly diminished. This is especially true when polishing a restoration extraorally with a straight handpiece. However, polishing pastes still have the capability of raising the gloss of a restoration one notch higher.

A paste also helps to clean the surface of the restoration of any rubber instrument polishing debris and will aid in retaining surface texture by imparting a gloss without the abrasion of a rubber instrument or disc. Overuse of rubber cups and especially discs can remove facial anatomy and texture, resulting in an unnatural look to restorations. In addition, carrying the paste interproximally with floss may impart a polishing effect on the proximal surfaces without leaving abrasive residue or opening the contacts. These pastes are also useful for hygienists and expanded duty auxiliaries to repolish restorations at recalls.

**Composition**

While aluminum oxide is still the main abrasive in most composite polishes, the fine diamond particles that have been the mainstay in porcelain polishes are being reduced in size even more. This means some diamond pastes can polish a composite to a higher shine compared to aluminum oxide. However, diamond pastes tend to be much more expensive, which could limit their widespread usage on composite.

As a general rule, aluminum oxide pastes work better when placed directly on the tooth and then the polishing instrument is moistened with increasing amounts of water as polishing proceeds. On the other hand, diamond pastes typically are more effective dry. Once saliva gets on the tooth or polishing instrument, their effectiveness drops precipitously.

**Polishing Instruments**

Almost as important as the paste itself is the type of instrument that actually delivers the paste to the restoration. Here is a list of options. Just be aware that, everything else being equal, using a straight handpiece instead of a contra-angle will enhance the result.

**Prophy Cup** Webbed with a latch-type mandrel is superior to any type of prophy cup in a disposable prophy angle. However, rubber prophy cups typically will not maximize the efficacy of any of these polishes. Nevertheless, with their ability to flare along a gingival margin, they may be the only choice when polishing this area, especially subgingivally.

**Disks With Felt-Like Surface** Sold by several manufacturers, these discs are typically more effective than prophy cups, but are too thick to get into many embrasures and their shape limits their effectiveness at the gingival margin. In our intraoral polishing simulation, FlexiBuff® were superior to prophy cups with all pastes. This applied to our test composite, Esthet•X, as well as our test porcelain, which was a leucite-based, pressable ceramic.

**Brushes** Can be very effective. Available in several different shapes, such as cups, points, and wheels. While the wheels tend to be the most effective, especially on occlusal surfaces, they may not be able to access the gingival margins. Cups that have a ring of brush fibers around a hollow center work much better gingivally, although the fibers can injure the tissue if you are not careful. Points are the least effective and typically would not be used unless no other instrument could access a specific area.

**Felt Wheels** Usually the most effective of all, but typically too large for many intraoral applications and very difficult to clean and sterilize. In our extraoral polishing test, felt wheels in a straight handpiece produced the overall best shine.

**Polishing Tests**

We ranked the various pastes from 0–5, with 5 being a high gloss and 0 being dull. On composite, the pastes were used after smoothing with Enhance. On porcelain, pastes were used after prepolishing with Revitalizer. Both materials were polished using an intraoral simulation, which included using latch-type instruments in a contra-angle handpiece. These scores are listed in the commentary of each product under Effectiveness.

**Note**

All the CHOICES for porcelain were able to polish it to a high shine with a felt wheel in a straight handpiece.
Polishing Pastes

For Composite Only

Prisma-Gloss/Prisma-Gloss Extra Fine
Dentsply/Caulk
(4.5)

RAVES & RANTS

+ When used in sequence, it can usually polish any hybrid
+ Performance has been proven
- Syringes get very messy
- Expensive for aluminum oxide

Abrasive
Aluminum oxide.

Consistency and Handling
5.0 Low-medium viscosity.

Color
White

Grits
Two regular (1.0µ) and extra fine (0.1µ).

Use
When polishing a hybrid, regular Prisma-Gloss is used first. Place a small amount on the restoration, fill a conventional prophy cup with water, and polish for about 30 seconds, adding small amounts of water to the tooth to keep the paste wet. Rinse and repeat using the extrafine version.

Intraoral Effectiveness

Prophy Cup
5
FlexiBuff
5

Packaging
Screw-type syringes, with labels that are not moisture-resistant (and had started to peel on several syringes), packaged in cardboard boxes. Regular Prisma-Gloss has a purple label while Extra Fine has a white label. Syringes are difficult to keep clean. Expiration date is on label and box in which the syringe is shipped.

Directions
Plain paper in 10 languages. Information is straightforward. Even though there was a prohibition against using the extrafine grit on microfills, our tests failed to show any deleterious effect on these products caused by Extra Fine. It also stated to start polishing dry, while we found starting and ending wet was more effective.
**Abrasives**
Aluminum oxide.

**Consistency and Handling**
5.0 Low-medium viscosity.

**Color**
White

**Grits**
One

**Use**
Apply to restoration and polish using a felt wheel or FlexiBuff instead of a rubber cup.

**Intraoral Effectiveness**
- Prophy Cup: 2
- FlexiBuff: 3

More effective dry than wet.

---

**Packaging**
Toothpaste-like tube with expiration date in a Ziploc bag. There is also a push-type syringe with a moisture-resistant label that includes the expiration date.

**Directions**
Small piece of coated paper. Calls it “an amazing new polishing paste”, but it has been on the market at least 10 years! Contains good tips on how to achieve the highest shine. However, states that sample of FlexiBuffs is enclosed, but does not mention their use. Recommends using as final polish on porcelain too. We found it was able to add a slight extra gloss on porcelain after using Porcelize. Also still quotes last year’s price!

---

**RAVES & RANTS**
- More bang for your buck
- Great for hygiene room
- Must use FlexiBuff to polish hybrids
- Splatters a little

---

**Cost:**
- $65.95/36g ($1.83/g) Tube
- $15.45/3g ($5.15/g) Syringe

**Shelf Life:** 3 years

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**Insta-Glaze HYB**

**Abrasives**
Diamond.

**Consistency and Handling**
- **5.0** Semi-viscous.

**Color**
Light gray

**Grits**
- **Two**
  - **0.5μ** Designed to polish conventional hybrids.
  - **0.2μ** Designed to polish indirect resins.

**Packaging**
Push-type, clear plastic syringe without any identification whatsoever, in cardboard box.

**Directions**
Plain paper. Information is straightforward. However, it advises to “buff dry with tissue” after rinsing. If it needs to be “buffed dry”, we don’t think using a tissue in a patient’s mouth is the most professional approach.

**Use**
Apply to restoration and polish using a rubber cup with a cotton pellet inside or use the felt disc included.

**For Porcelain and Composite**

**Diamond Polish**
Ultradent

**Cost:** $19.99/2.4ml/3g ($6.66/g)

**Includes:**
- 2 syringes (1.2ml/1.5g ea)
- 20 Black Mini tips

**Shelf life:** 3 years

**Consistency and Handling**
- **5.0** Medium viscosity. Easy to rinse off.

**Grits and Color**
- **Two**
  - **0.5μ** Medium gray
  - **1.0μ** Dark gray

**RAVES & RANTS**
- Easy dispensing directly on restoration
- Works better using pastes in sequence
- Not really meant for lab use on a lathe
- No instruction on whether pastes should be used in sequence

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**Use**
With the syringe delivery, you can apply paste to a felt wheel, Jiffy Goat Brush, or directly to the tooth using the enclosed Black Mini tips.

**Intraoral Effectiveness**

**Composite**

<table>
<thead>
<tr>
<th>Grit</th>
<th>Prophy Cup</th>
<th>FlexiBuff</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5µ</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>1.0µ</td>
<td>0</td>
<td>4</td>
</tr>
</tbody>
</table>

**Porcelain**

<table>
<thead>
<tr>
<th>Grit</th>
<th>Prophy Cup</th>
<th>FlexiBuff</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5µ</td>
<td>4.0</td>
<td>4.25</td>
</tr>
<tr>
<td>1.0µ</td>
<td>4.0</td>
<td>4.25</td>
</tr>
<tr>
<td>1.0µ/0.5µ</td>
<td>4.0</td>
<td>4.5</td>
</tr>
</tbody>
</table>

**Packaging**
Clear plastic tray with clear plastic cover, expiration date on cover label, which is royal blue for the 0.5µ grit and navy blue for the 1.0µ grit. Syringes are white with light gray plunger for the 0.5µ grit and a dark gray plunger for the 1.0µ grit. Identifies the product and micron particle size of paste.

**Directions**
Small pamphlet of plain paper. Two black and white photos. However, there is absolutely no information on when you would use the 0.5µ and when you would use the 1.0µ. In addition, you are told to finish polishing porcelain with heavy water spray — we have found just the opposite. For composites, it doesn’t get any better. You are told to use a Jiffy Goat Brush, but not whether you should polish wet or dry (we think dry). And then you are instructed to apply PermaSeal for a nice “glaze” finish. Huh? What are we using the polish for if we are going to apply a “glaze”?

**Consistency and Handling**
5.0 Low-medium viscosity. Their consistency makes them relatively splatter-free and their color allows them to be seen very easily.

**Grits and Colors**

- Two
- 3µ Blue
- 1µ Pink

**Use**
Enclosed unmounted rubber wheels are used for smoothing adjusted porcelain, but polish with the enclosed felt wheels or FlexiBuff. The two pastes are to be used sequentially. The pastes extrude from the syringes easily, without excessively squirting out. They stay on the teeth reasonably well, but must be reapplied about every 10 seconds. Recommends polishing at 20,000rpm.

**Intraoral Effectiveness**

**Composite**

<table>
<thead>
<tr>
<th>Grit</th>
<th>Prophy Cup</th>
<th>FlexiBuff</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>5</td>
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</tbody>
</table>

**Porcelain**

<table>
<thead>
<tr>
<th>Grit</th>
<th>Prophy cup</th>
<th>FlexiBuff</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4</td>
<td>4.25</td>
</tr>
</tbody>
</table>
Polishing Pastes

When Enamelize was used after Porcelize, as suggested by Cosmedent, the gloss increased to 4.75.

Consistency and Handling
5.0 Medium viscosity.

Packaging
Small cardboard box. Push-type syringes have plastic labels that are moisture-resistant and list the micron particle size. If you use the felt wheels included in the kit intraorally, we assume they should be considered disposable. Robinson brushes can also be used and are better able to polish posterior occlusal surfaces. The large rubber wheels come in three grits while the small wheels come in two grits.

Grits and Color
One 3µ Blue

Use
Recommends polishing at 20,000rpm.

Intraoral Effectiveness

<table>
<thead>
<tr>
<th>Material</th>
<th>Prophy Cup</th>
<th>FlexiBuff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Composite</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Porcelain</td>
<td>3.5</td>
<td>4</td>
</tr>
</tbody>
</table>

Packaging
Push-type, clear plastic syringe without any identification whatsoever, in cardboard box. However, the syringe is imprinted with “single use only”!

Directions
Plain paper. Information is straightforward. However, it advises to “buff with gauze or dry tissue” after rinsing. If it needs to be “buffed”, we don’t think using a tissue in a patient’s mouth is the most professional approach. In addition, the recommendation of polishing at 20,000rpm may be optimal extraorally, but few latch-type slow-speed handpieces reach that speed and even if they can, polishing at that high speed intraorally could be injurious to the teeth and soft tissue.
**Abrasive**
Diamond gel. Also contains potassium nitrate.

**Consistency and Handling**
4.5 Semi-viscous.

**Color**
Gray

**Grits**
One 3-5 µ

**Use**
Apply to restoration and polish using the supplied felt cylinders.

**Intraoral Effectiveness**

<table>
<thead>
<tr>
<th></th>
<th>Composite</th>
<th>Porcelain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prophy Cup</td>
<td>4.5</td>
<td>3.25</td>
</tr>
<tr>
<td>FlexiBuff</td>
<td>2.5</td>
<td>3.5</td>
</tr>
</tbody>
</table>

**Packaging**
Clear plastic tube with syringe and Ziploc bag that contains the felt cylinders and mandrel. No expiration date on syringe or packaging.

**Directions**
Coated paper sheet. Advises you to apply for 30 seconds using the supplied felt cylinder, then rinse the felt cylinder and polish again for 30 seconds. With porcelain, you are supposed to polish initially for 60 seconds. On composite, we found this technique to be ineffective compared to the prophy cup. On porcelain, we were able to increase the gloss from 3.5 with the FlexiBuff to 4 with 30 seconds of polishing. When this was increased to 60 seconds, we found the gloss increased to 4.5.

**RAVES & RANTS**

- Terrific polish on composite with the prophy cup
- Good viscosity
- At this price, who would use it instead of Nupro on teeth?
- Potassium nitrate in a diamond paste?

**Syringe**
Cost: $35.00/3g ($11.67/g)

**Shelf life:** Not specified by manufacturer

**Directions**
Coated paper sheet. Advises you to apply for 30 seconds using the supplied felt cylinder, then rinse the felt cylinder and polish again for 30 seconds. With porcelain, you are supposed to polish initially for 60 seconds. On composite, we found this technique to be ineffective compared to the prophy cup. On porcelain, we were able to increase the gloss from 3.5 with the FlexiBuff to 4 with 30 seconds of polishing. When this was increased to 60 seconds, we found the gloss increased to 4.5.

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**Polishing Pastes**

### Sparkle
*Pulpdent*

#### RAVES & RANTS
- Highest gloss on composite when used wet
- Very inexpensive for a diamond paste
- Lowest effectiveness when used dry
- Tends to dry out during polishing

#### Abrasive
Diamonds.

#### Consistency and Handling
**5.0** Semi-viscous, not as fluid as other pastes.

#### Color
Light gray

#### Grits
One $< 1 \mu$

#### Use
Apply to restoration and polish using a felt wheel or FlexiBuff instead of a rubber cup. Tends to dry out during use—need to apply additional paste to keep it moist.

### Truluster
*Brasseler*

#### RAVES & RANTS
- With FlexiBuff, works well on porcelain
- With FlexiBuff, works well on composite
- Splatters in the mouth
- Forget the prophy cup

#### Cost: $51.99/5g ($10.40/g)

**Kit**
- Cost: $24.95/4.8ml/5.6g ($4.46/g)

**Includes:**
- 1 Robinson brush
- 2 mandrels
- 1 polishing wheel
- 1 felt wheel

**Shelf life:** Unlimited

#### Intraoral Effectiveness

**Composite**
- Prophy Cup: 5 (with wet polishing)
- FlexiBuff: 4 (with wet polishing)

**Porcelain**
- Prophy cup: 3.5 (with wet polishing)
- FlexiBuff: 3.5 (with wet polishing)

#### Packaging
Clear plastic segmented tray with slide off cardboard lid that doubles as the product identification and directions. Clear, push-type syringes identify the product and its category as a diamond polishing paste, but the only expiration date is on the bottom of the plastic tray.

#### Directions
Inside of the cardboard lid. Simple and straightforward, but does not mention whether it should be used dry or wet.
Consistency and Handling
5.0 Medium viscosity. Washes off quickly without leaving a residue.

Grits and Color
Two
2-5µ Light gray
5-10µ Light gray

Use
Polish with bristle brush or felt wheel at 10,000–15,000 rpm.

Intraoral Effectiveness
Composite
5-10µ
Prophy Cup  2.75
FlexiBuff  3.0

2-5µ
Prophy Cup  3.5
FlexiBuff  4.5 (with wet polishing)

5-10µ/2-5µ
Prophy Cup  3.5
FlexiBuff  4.5

Porcelain
5-10µ
Prophy Cup  3.0
FlexiBuff  3.25

2-5µ
Prophy Cup  3.5
FlexiBuff  3.75

5-10µ/2-5µ
Prophy Cup  3.0
FlexiBuff  3.75

Packaging
Clear plastic, push-type syringes in a Ziploc bags. Syringes are identified in German and presumably says it is diamond paste, but is not identified as Truluster. The 5-10µ syringe has a red cap, while the 2-5µ syringe has a green cap and states it is for “single use only”.

Directions
Label on Ziploc bag. Brief and straightforward, but the recommendation of polishing at 15,000 rpm may be optimal extraorally, but few latch-type slowspeed handpieces reach that speed and even if they can, polishing at that high speed intraorally could be injurious to the teeth and soft tissue.

REALITY

COMPOSITE ONLY

Prisma-Gloss and its sibling, Prisma-Gloss Extra Fine, used sequentially, are still the best choices for creating a high shine on hybrids. It is the only product that can create this shine (5) with either a prophy cup or FlexiBuff. However, Prisma-Gloss is expensive for aluminum oxide and the syringes are difficult to keep clean.

Enamelize cannot quite create a high shine (2-3) on hybrids, but it is a good choice for routine use, especially for recall patients. As the least expensive of all the pastes, it is also a rare bargain. Even though it is also available in a syringe, the tube is still the best buy.

Insta-Glaze HYB uses 0.2µ and 0.5µ particles, while the pastes meant for porcelain start at 1µ. It can be very effective and create a high shine (5) on most hybrids, but you have to use a FlexiBuff to achieve it.
Polishing Pastes

PORCELAIN AND COMPOSITE

With microcrystalline diamond particles, which presumably fracture while polishing, Diamond Polish will create a glaze-like shine on porcelain and a near high shine on composite (4). Its intraoral syringe system is definitely the easiest to use, but the dark gray color of the 1.0µ version could embed itself in less-than-perfect margins and cause a difficult-to-reverse discoloration. Even though the directions are not specific, using the two pastes in sequence (1.0µ followed by the 0.5µ) will give you the best results (4.5). This sequence produced a slightly higher shine than that accomplished by the others in this group.

Porcelize, with its sequential pastes, is very effective on composite (5) and reasonably effective on porcelain (4.25). However, if you follow Porcelize with Enamelize on porcelain, the gloss can actually be enhanced to 4.75, but you still need to use a FlexiBuff to achieve this feat.

Insta-Glaze, with its unique blue color, can be used both intraorally and in the lab. Surprisingly, we found it works very well on composite (4) and on porcelain (4).

Luminescence Plus is the only diamond paste of which we are aware that also contains potassium nitrate. This is presumably to combat sensitivity, since it is recommended for not only polishing virtually all types of dental materials, but also enamel. But at $11.67/g, we doubt that you are going to throw out your Nupro any time soon. In any event, the potassium nitrate may have some efficacy if you are polishing the gingival margin of a veneer, for example. On the other hand, since its price per gram is consistent with the more expensive products in this section, there is no downside to having potassium nitrate in it unless it affects its polishing performance. On that subject, we found that it has great effectiveness (4.5) on composite using the prophy cup. On porcelain, using our two test instruments, it was just mediocre (3.25-3.5). However, when we used the felt cylinders in the kit, the polish was much better, reaching a 4. And, when we polished for 60 seconds, as suggested by the manufacturer, the polish increased to 4.5.

Sparkle has only one grit and tends to dry out as you use it. It doesn’t splatter due to this rather dry consistency, but you need to keep adding additional paste to keep it relatively moist. However, we found dipping your polishing instrument into water to create even more of a slurry increased its effectiveness substantially, especially on composite, where the gloss created by the prophy cup went from 2 to 5. The moist slurry did not add to its effectiveness on porcelain quite so spectacularly, but it was better nonetheless. We suggest always using it with water to keep it from drying out on the restoration.

Truluster is a classic product that was introduced during the infancy of bonded porcelain. Not only is it reasonably effective on porcelain (3.75), but when the two grits are used sequentially with the FlexiBuff, it can also shine hybrids (4.5). However, its performance with the prophy cup was just mediocre.

OTHER PRODUCTS IN THIS CATEGORY

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<thead>
<tr>
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<th>Shofu</th>
<th>Diamond Polishing Paste</th>
<th>Diatech</th>
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<tbody>
<tr>
<td></td>
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<td>Diamond Polishing Paste</td>
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<td>Diamond Restoration Polish</td>
<td>Vident</td>
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<td>Diashine</td>
<td>VH Technologies</td>
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<tr>
<td>Mirage Diamond Paste</td>
<td>Miragel</td>
<td>Morglow Porcelain Polishing Kit</td>
<td>Almore</td>
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<td></td>
<td></td>
<td>NUPRO Shimmer</td>
<td>Dentsply Professional</td>
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<td></td>
<td></td>
<td>Porcelain Laminate Polishing Paste</td>
<td>Den-Mat</td>
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<td></td>
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