I'm not a bot

Our Customer Service is available at: 1-800-543-2577Mon-Thur: 9 am-6 pm ET; Fri: 9 am-5 pm ET. Powered bydentalcare.com Enabling healthier oral care habits What is the return policy and Money-Back Satisfaction Guarantee for Crest White Smile? At Crest White Smile, we want you to have an amazing teeth whitening experience. If you are unsatisfied with your purchase or if you experience a product defect, you may return the product and receive your money-back according to the store policy. Note: there is one return per household based on satisfaction. All returns based on defect, order issue or back order will always be honored. We formulate enamel safe teeth whitening treatments. We have confirmed the safety and efficacy of Crest 3DWhitestrips and Crest Whitening Emulsions in extensive clinical and technical testing. We recommend contacting your dental professional if you have additional questions regarding whether teeth whitening is right for you. Are Crest 3D Whitestrips Safe? With extensive research and clinical trials, Crest 3D Whitestrips are proven to be safe to use. The Whitestrips uses hydrogen peroxide to effectively whiten your teeth, the same key enamel-safe ingredient used by dentists. Is It Safe to Use Whitening Toothpaste with Crest 3D Whitestrips? Yes, you can use whitening toothpaste along with Crest 3D Whitestrips to help maintain a whiter smile. The combined amount of peroxide from whitening toothpastes and Crest 3D Whitestrips will not cause any harm. How do Crest 3D Whitestrips Work? Crest 3D Whitestrips are flexible, thin strips coated in a tooth whitener containing peroxide designed to securely conform to the shape of your teeth and keep the tooth whitener in place. The Whitestrips are guaranteed to whiten teeth by removing 10 years of tough, set-in stains. How Does The Crest LED Accelerator Light Work? TheCrest LED Accelerator Lightis backed by 15 years of advanced whitening technology, and uses the same type of light technology used by dentists. The peroxide in the Crest 3DWhitestrips and Crest Whitening Emulsions whitens hard to reach/tough set-in stains. Then, the blue light further weakens the stains to dramatically boost the whitening results. How Long Should I Use The Crest LED Accelerator Light? Follow the usage instructions outlined in the package and then turn on and apply the LED Accelerator Light. The LED Accelerator Light will beep to notify you the lights have turned off in case you can't see it while in use. What Does It Mean When The Crest LED Accelerator Light Beeps? The Crest LED Accelerator Light beeps to notify you the lights have turned off in case you can't see it while in use. Does The Crest LED Accelerator Light Need to be Charged? The Crest LED Accelerator Light is designed with built-in batteries that last the full number of treatments of your whitening treatment package. You do not have to replace the batteries and can discard the device after completing your last whitening treatment. How Does The Light In The Crest LED Accelerator Light Know When To Turn Off? The Crest LED Accelerator Light turns off automatically after a few minutes once it has delivered sufficient LED light energy to the stains. Can I Use Crest 3DWhitestrips or Crest Whitening Emulsions If I Have Dental Work? Crest 3DWhitestrips and Crest Whitening Emulsions will not harm dental work including veneers, caps, fillings, partials, gold, composite bonding, laminates or any other restorations. However, they will also not whiten these types of dental work. Crest 3DWhitestrips and Crest Whitening Emulsions only work to whiten natural teeth, so if you have any dental work on any front teeth, you may see noticeable color differences between the whiter teeth and dental work when using this product. Do not use if you have dental braces, and we recommend speaking to your dentist before using Crest 3DWhitestrips or Crest Whitening Emulsions if you wear a retainer or have had a root canal. If you need any dental work, have dental work or are experiencing any staining from medication, we advise consulting your dentist to determine if using Crest 3DWhitestrips or Crest Whitening Emulsions is appropriate. Can I Use Crest Whitening Products if I Have a Cavity or Gum Disease? We do not recommend using Crest 3DWhitestrips or Crest Whitening Emulsions if you have an unfilled cavity or gum disease (periodontal disease). Check with your dentist before using any whitening products if you need dental work or treatment for periodontal disease. Can I Use Crest 3DWhitestrips or Crest Whitening Emulsions After My Teeth Are Professionally Cleaned? We recommend waiting a few days after professional teeth cleaning to use Crest 3DWhitestrips or Crest Whitening Emulsions in case your teeth and/or gums are sensitive to avoid further discomfort. We also suggest checking with your dentist before use. Can I Use Crest 3D Whitestrips on Back Teeth? We do not recommend using Crest 3D Whitestrips on your back teeth because the strips are specially designed to fit front teeth the teeth shown when you smile. If you use Whitestrips on the back teeth, the strips may become loose and eventually fall off during the wear period as a result. Can I Switch the Order of Crest 3D Whitestrips by Wearing the Upper Strip on the Bottom Teeth and the Bottom Strip on the Upper Teeth? We do not recommend switching the upper and lower Crest 3D Whitestrips. Although the strips will work if switched, each strip is designed specifically to cover the specified area, and the shapes of the strips were also designed to keep them in place and cover the teeth exposed when you smile. If you wear the lower strip on your upper teeth, for example, the strip will cover less area. We also do not recommend cutting the strip in smaller pieces to fit into different spots on your teeth. If a smaller piece dislodges, it has the potential to become aspirated or swallowed. Will Crest Whitening Products Remove Tetracycline or Fluorosis Stains? Teeth with tetracycline stains may not whiten as well as teeth with yellow stains since most dark or blue-gray teeth stains are caused by certain medication taken during tooth development and are deep within the tooth and the enamel surface. We recommend consulting your dentist if you have tetracycline stains. No data is currently available on the effectiveness of Crest 3DWhitestrips or Crest Whitening Emulsions on teeth with fluorosis stains. If you have this type of tooth stain, consult your dentist before use. Are There Any Side Effects of Using Crest 3D Whitestrips? You may experience tooth sensitivity or gum irritation after using Crest 3D Whitestrips. Make sure to use the product as directed to limit chances of these occurring. If you do experience any tooth sensitivity, try Crest 3D Whitestrips Gentle Routine, which are carefully formulated to be gentle on teeth that may be sensitive to whitening. Why Do I Have Spots on My Teeth After Using Crest 3DWhitestrips? If you notice white spots on your teeth after using Crest 3DWhitestrips, do not be alarmed. This is temporary and caused by the loss of water from the tooth enamel. Any water loss is not harmful and will go away on its own. Can I Use Crest 3D Whitestrips Packs Back to Back? Yes, Crest 3D Whitestrips do not harm tooth enamel and are safe to use, so you can use one pack right after another. With that said, Crest 3D Whitestrips will whiten teeth for at least six to 12 months, so we recommend using Whitestrips twice per year to maintain a whiter smile. If you feel you are not seeing desired results, we suggest trying Crest 3D Whitestrips Professional Effects or consulting a dentist. Can I Wear Crest 3D Whitestrips Longer for Better Teeth Whitening Results? Although extensive consumer and clinical testing was done to establish the efficacy and safety of Crest 3D Whitestrips, we recommend following the usage instructions provided for each product. Longer wear time may cause tooth sensitivity and/or gum discomfort for some users. Should I Brush My Teeth Before or After Using Crest Whitening Products? Crest 3DWhitestrips: you can brush your teeth gently immediately after using Crest 3DWhitestrips, but we do not recommend brushing your teeth immediately before applying Crest 3DWhitestrips, because this may irritate your gums. Make sure to allow enough time to pass if brushing your teeth prior to application to help avoid gum irritation. Crest Whitening Emulsions is designed to work without rinsing or brushing off product after application. What Should I Do if My Crest 3D Whitestrips Keep Coming Off? Try applying Crest 3D Whitestrips by looking in a mirror and making sure each strip is in good contact with your teeth. If the Whitestrips start to slip, try closing your mouth and creating suction to tighten the strips on the surface. You can also try removing any excessive saliva from your front teeth with a clean paper towel before applying the strips. Avoid touching the Whitestrips excessively with your tongue; this may cause the strips to loosen. If you still are having trouble getting a strip to stick, try gently tucking it into the spaces between your teeth with your fingernail, then folding it behind the teeth. What Should I Do If Im Having Trouble Removing Crest 3D Whitestrips? Crest 3D Whitestrips are specially designed to strongly adhere to your teeth. If you experience any trouble removing a strip, try first peeling the strip off the back of your teeth to help loosen the grip; then, work your way to the front of the strip to peel the rest of the strip off your teeth. If you feel any residue left on your teeth, do not worry. You can leave it since it isnt harmful and should eventually dissolve; or you can gently brush it off, wipe it away with your finger or rinse your mouth out with water to remove. Why Do I Experience More Saliva or Foaming When Using Crest 3D Whitestrips? Salvia will increase when any kind of object is placed in your mouth. As the saliva increases, it may react with the hydrogen peroxide in the Whitestrips and create a foam. This is a natural reaction and is not cause for concern. What If I Swallow Some or All of a Crest 3DWhitestrips or Crest Whitening Emulsions? The Crest 3DWhitestrip will not cause any adverse effects or damage if swallowed. It will simply pass through your system. However, swallowing large amounts of peroxide may cause stomach irritation or nausea. Consult a doctor if any irritation persists. For Crest Whitening Emulsions: We have confirmed the safety and efficacy of Crest Whitening Emulsions in extensive clinical and technical testing. All ingredients in the formula are safe for consumption. Can Crest 3DWhitestrips or Crest Whitening Emulsions be Used by Children? Please refer to the age information located on the outer packaging as the age varies by product. Crest Whitening Emulsions are recommended for ages 12 and up. Can I Use Crest Whitening Products If I am Pregnant or Nursing? There is no evidence that Crest 3DWhitestrips or Crest Whitening Emulsions are harmful to use when pregnant or nursing. However, we recommend consulting with your doctor before use. The Packaging Says to Store Crest 3DWhitestrips and Crest Whitening Emulsions in a Cool Place. Is It OK to Store in The Bathroom? Yes, storing Crest 3DWhitestrips and Crest Whitening Emulsions in the bathroom, even with any steam or heat from the shower, should not affect the products. However, its best to avoid excessive heat. Can I Store Crest 3DWhitestrips and Crest Whitening Emulsions in The Freezer or Refrigerator? You can store Crest 3DWhitestrips and Crest Whitening Emulsions in the refrigerator, but we do not recommend storing these products in the freezer. If for some reason your 3DWhitestrips or Emulsions become frozen, allow the products to warm to room temperature before use to ensure they work effectively. My Crest Whitening Products Have Expired. Can I Still Use Them? Although they are still safe to use, we do not recommend using Crest 3DWhitestrips or Crest Whitening Emulsions past their expiration date because the effectiveness of the whitening ingredient will be weakened. Can I Smoke While Using Crest 3D Whitestrips? Do not smoke while wearing Crest 3D Whitestrips. This can cause the strips to dislodge from your teeth and affect results. What If I Dont See Any Results After Using Crest 3D Whitestrips? Make sure to follow the usage instructions provided on the packaging for optimal results. If your teeth have significant discoloration, you may need to use two full boxes of Crest 3D Whitestrips to achieve the desired result. However, if you are still unsatisfied with your Whitestrips, Crest White Smile offers a 60-Day Satisfaction Guarantee and will refund your purchase within 60 days. You can call 1-800-208-0169 for more information. Whats Crest White Smiles Returns and Exchanges Policy? If you are not satisfied with your results, we provide a 60-Day Satisfaction Guarantee and will issue a refund within 60 days of purchase. You can call 1-800-208-0169, which is also provided on the back of all Crest 3D Whitestrips packaging, for more information. Can I place an order for delivery outside of the United States? Crest White Smile orders can only be shipped to addresses within the contiguous 48 states of the United States of America or the District of Columbia. We also can accept payment from U.S. billing addresses only. Were sorry for any inconvenience. Can I Use Crest Whitening Emulsions on Back Teeth? Yes, Crest Whitening Emulsions is designed to whiten your natural teeth, including your back teeth! We recommend using the wand applicator to reach your back teeth. Are There Any Side Effects of Using Crest Whitening Emulsions? Crest Whitening Emulsions has undergone extensive clinical testing with test subjects experiencing virtually no teeth sensitivity. How Do I Apply Crest Whitening Emulsions Without Being Messy? Start with a small amount of Crest Whitening Emulsions and slowly increasetheamountyou useto ensure teeth are fully covered with minimal mess or excess product. Why Does The Cap On Crest Whitening Emulsions Keep Popping Off? The Crest Whitening Emulsions cap may come off if not tightened properly. Make sure to tighten the cap all the way when closing the tube. How Long Until I See Results with Crest Whitening Emulsions? Results depend on different factors including your age, how yellow your teeth are and how often you apply the product. Most people see teeth whitening results after just a few uses. Do I Need to Rinse or Remove Crest Whitening Emulsions? All Crest Whitening Emulsions ingredients are food grade and will slowly rinse away over time. So, theres no need to rinse or remove. Can I Use Crest Whitening Products If I Have Sensitive Teeth? Crest provides several products designed for people with sensitive teeth. If you experience regular or occasional teeth sensitivity during or after whitening, consider trying Crest Whitening Emulsions which is designed to give you 100% whiter teeth with virtually no sensitivity. We have also designed Crest 3DWhitestrips Gentle Routine or Crest 3DWhitestrips Sensitive for people who may experience teeth sensitivity while whitening. How Long Until I Can Eat or Drink After Using Crest Whitening Emulsions? For best results, we recommend you do not eat or drink for 30 minutes after applying Crest Whitening Emulsions. I really appreciated being asked to provide my street number for the complete delivery address. It made the entire process more accurate and ensured my package arrived without any issues. The attention to detail gave me confidence that my order would be delivered exactly where it needed to go.Date of experience: February 15, 2025I accidentally placed a second order, but customer support was amazing! I reached out to them, and they quickly canceled the one for me without any hassle. Their prompt and helpful response saved me time and stress, and I really appreciate how efficient and understanding they were.Date of experience: February 13, 2025I was so impressed by how well the website detailed each type of strips they offer. There were clear descriptions and options for every need, which helped me choose the perfect one for my situation.Date of experience: February 13, 2025I was so relieved to find that these strips are dispatched from Europe and not China! It made the shipping process so much faster and I didnt have to worry about long delays. The product arrived quickly, and Im very happy with the quality.Date of experience: February 13, 2025Im so happy with my purchase, these strips are 100% authentic and work exactly as advertised. Ive used other brands in the past, but nothing compares to the quality and effectiveness of these.Date of experience: February 11, 2025I decided to try their best-selling product Professional Effects after reading all the great reviews, and I' so glad I did it. The item really lives up to the hype, it's like a little miracle in a pouch. My teeth were noticeably whiter in just three days.Date of experience: February 11, 2025I was pleasantly surprised by how quickly my order arrived, especially considering customs checks! I expected some delays, but the package came through faster than I anticipated. The entire process was smooth, and Im really happy with how efficiently everything was handled.Date of experience: February 10, 2025In my opinion these are not genuine. I have used Crest strips for years and always had positive results, these did absolutely nothing for me.The shipping took forever also, very poor experience. Date of experience: February 05, 2025Hi,We are sorry for the negative experience you had. We have sent an email to the email you have provided. Could you please answer us and let us know the order number so we can take a look?I'm very happy. The delivery was fast (Europe) and my teeth are definitely atleast a few tones whiter. However, it was like some of the strips were missing some product, and I wasn't able to make them glue to my teeth. Would have loved the full treatment, but I'm still happy with the result and I had no gum issues, so 5 stars from me.Order #149980Date of experience: February 04, 2025I was sold fake Crest Whitestrips!!! I have used Crest Whitestrips a few times and have always had visible results. There is no visible result with the strips I bought. With the originals, I always had sensitive teeth and damaged gums due to the hydrogen peroxide over the period of use, but this disappeared again after use. This did not happen with these fake whitestrips. No side effects from the hydrogen peroxide and no visible result. I am really disappointed as the price for the strips is not exactly low and then unfortunately you get conned!!!Date of experience: February 04, 2025I really recommend this site, Orders are processed quickly, support is always there and keeps responding right away, and shipments usually arrive in about five days.Date of experience: February 01, 2025I enjoy shopping online, but in France, I sometimes have problems with couriers because they leave packages in mailboxes, and they often get stolen. However, Ive never had any issues with shipments from this site, they always deliver them in person, and I have to sign for them.Date of experience: January 31, 2025I was planning to try Crest strips for the first time and needed some help figuring out which one to start with since there are so many choices. I got way more help than I thought I would, and thanks to the support team, I found the perfect option for me.Date of experience: January 29, 2025Ordered 3 boxes on the 7th December, email says 4-5 days for delivery. Now the 23rd December no sign of arriving before Christmas. Tracking item all it tells you is in transit. Now after trying to be organised for the big day need to go out and buy three new gifts. Avoid at all cost, just checked the tracking and still the same message, in transit. 919763UKDate of experience: December 23, 2024Hi Jacqueline,We have located your order and identified the cause of the delay. Due to the high volume of Christmas orders, there was a significant backlog. Your package arrived in Germany on December 9th and departed for the UK on December 17th. Normally, this process takes only one day, but because of the backlog, it took eight days in this instance. That explains the delay.According to the latest tracking update, your item has left the Heathrow processing center and should be delivered to you soon.We sincerely apologize for any inconvenience. Typically, shipping takes place within the indicated 45 business days. Thank you for your understanding, and please accept our apologies once again.Regards,Crestwhite Support TeamI love Crest toothpastes. So far, Ive never received them crushed or with any leaks in the package.Date of experience: December 19, 2024I didnt get an order confirmation, and it said my card was declined, but when I checked my bank account the money was reserved. I dont know my order number, and have now no way to track my order. I contacted costumer support, and im still waiting for an answer. Edit: I checked my bank account again and the reservation disappeared. Not ordering again. Too scared to get scammed.Date of experience: December 21, 2024Hi Peppa,We cannot find an email from you. Could you please let us know your email or first or last name, so we can find more details. Once we identify you we can check what was the reason for the payment decline. Thanks for your cooperation!The site has a wide variety of strips, and orders are processed and shipped quickly. The delivery time is reasonable, and the products are definitely worth the wait.Date of experience: December 19, 2024This is the fastest and smoothest delivery Ive ever received. I highly recommend this site to anyone who values their time and money.Date of experience: December 18, 2024Deliveries to Latvia are often delayed, so I wasnt too surprised when my package didnt arrive in the second week. However, when I tracked it, I saw there had been a failed delivery attempt, and the package was scheduled to be returned back. I contacted the site, and on the same day, their team sent me a second parcel at their expense, make the necessary corrections to ensure successful delivery this time.Date of experience: December 18, 2024I want to confirm that the strips from this site are from Europe, not China. This is really important for many people, including me.Date of experience: December 17, 2024 Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Are Crest White Strips safe to use?Yes, Crest Strips are formulated to be safe for sensitive teeth. They are approved by the American Dental Association (ADA) as an enamel safe teeth whitening product.How often should I use Crest Strips for best results?For optimal results, use Crest Strips daily until you have completed your course or achieved the results you were aiming for.Can I use them if I have dental work like crowns or veneers?You can use the strips if you have had dental work, however please note that they will only whiten natural teeth.How long does it take to see results?Results can vary, but many people start noticing a difference in just a few days.Do they cause tooth sensitivity?Some individuals may experience temporary tooth sensitivity while using White Strips, but its usually mild and temporary.Can I drink or eat while using the strips?You can drink water with strips that contain advanced seal technology however its best to avoid eating or drinking while the strips are on your teeth to ensure effective whitening.Are there different variants of white strips for specific needs?Yes, Crest offers various types of White Strips tailored to different whitening preferences and sensitivities. We find the most popular product to be Crest Professional Effects.How do I apply the strips correctly?When applying the strips dry your teeth with a tissue and quickly apply the strip to the front of your bottom row of teeth. Rub your fingers firmly along your teeth to ensure the strip is stuck on correctly and then flip the strip over to the back of your teeth to apply. Repeat the process then for the top row of teeth.Can I use Crest Strips if I have braces?Its not recommended to use Crest White Strips if you have braces, as they may not adhere properly.Are they suitable for everyone?Crest White Strips are generally safe for adults, but its advisable to consult a dentist before using them, especially for individuals with specific dental conditions.Can I use them if Im pregnant or breastfeeding?Pregnant or breastfeeding individuals should consult their healthcare provider before using any teeth whitening products, including Crest White Strips.How long do the whitening effects last?The duration of whitening effects can vary based on individual habits, such as diet and oral hygiene practices.What should I do if I experience discomfort while whitening my teeth?If you experience discomfort or irritation while using Crest White Strips, discontinue use and consult a dentist. Irritation can be down to incorrect application of the strips onto your gums, you should avoid this.Are there any side effects?Most people do not experience significant side effects, but some individuals may temporarily experience sensitivity or gum irritation. This is normal and soon goes away.Where can I purchase Crest White Strips?You can purchase Crest White Strips from the most trusted genuine Crest reseller online Home Teeth Whitening. Search through commonly asked questions on everything from how to safely whiten teeth, how to care for braces, and even where to go to try Crest products for yourself. What is the return policy and Money-Back Satisfaction Guarantee for Crest White Smile? If you are unsatisfied with your results, Crest.com offers a 60-day Money Back Satisfaction Guarantee for Crest Whitening Products (3DWhitestrips, 3D Whitestrips with 3D Light, Whitening Pen, Whitening Pen with 3D Light, Emulsions/Serums) and will refund your purchase. Your refund will be in the form of a prepaid gift card. For more details on how to submit a request, please visit our Terms & Conditions. Which products are covered under your Money Back Guarantee program? Our Money Back Guarantee program is offered for Crest Whitening Products (3D Whitestrips, 3D Whitestrips with 3D Light, Whitening Pen, Whitening Pen with 3D Light, and Emulsions/Serums). Please note that the Crest toothpaste and mouthwash Money Back Guarantee programs will be sunsetted on June 30, 2025. We stand behind our products, so if you have any questions or concerns, please feel free to contact us at 1-800-566-7252. Our customer service team is available Monday through Friday from 9 AM to 6 PM EST to assist you. Page 2 Personality Types November 25, 2020 Personality Types November 25, 2020 Personality Types November 25, 2020 Personality Types November 25, 2020 Personality Types November 25, 2020 Personality Types November 25, 2020 Personality Types November 25, 2020 Personality Types November 25, 2020 Personality Types November 25, 2020 Personality Types November 25, 2020 ,the free encyclopedia that anyone can edit.117,185 active editors 7,001,904 articles in EnglishThe English-language Wikipedia thanks its contributors for creating more than seven million articles! Learn how you can take part in the encyclopedia's continued improvement.Members of the victorious Blondie crewThe Boat Race 2018 took place on 24March. Held annually, The Boat Race is a side-by-side rowing race between crews from the universities of Oxford and Cambridge along a 4.2-mile (6.8km) tidal stretch of the River Thames in south-west London, England. For the third time in the history of the event, the men's, the women's and both reserves' races were all held on the Tideway on the same day. The women's race saw Cambridge lead from the start, eventually winning by a considerable margin to take the overall record to 4330 in their favour. In the women's reserve race, Cambridge's Blondie (crew pictured) defeated Oxford's Osiris by nine lengths. The men's reserve race was won by Cambridge's Goldie, who defeated Oxford's Isis by a margin of four lengths. The men's race was the final event of the day and completed a whitewash as Cambridge won, taking the overall record to 8380 in their favour. The races were watched by around 250,000 spectators live, and broadcast around the world. (Fullarticle...)Recently featured: Radar, Gun Laying, Mk.I and Mk.IIAndrea NavageroNosy KombaArchiveBy emailMore featured articlesAboutKitty Marion... that Kitty Marion (pictured) was force-fed over 200 times during a hunger strike?... that the North Korean destroyer Choe Hyon is the largest ship constructed for the Korean People's Navy?... that after the release of High and Low, director Akira Kurosawa received telephone calls imitating his film that threatened to kidnap his daughter?... that May Bradford Shockley is why Silicon Valley is where it is?... that the conservation of a goat might endanger the survival of Aquilegia paui?... that Joy Laking predicted in a school writing assignment that within ten years she would be making a living as an artist?... that the Taiwanese restaurant chain Formosa Chang drew inspiration from McDonald's for its non-greasy atmosphere and corporate practices?... that Haridas Mitra had his death sentence commuted after the intervention of Mahatma Gandhi?... that "Steve's Lava Chicken" recently became the shortest song to enter the UK Top 40?ArchiveStart a new articleNominate an articleNgg wa Thiong'oKenyan writer and activist Ngg wa Thiong'o (pictured) dies at the age of 87.In sumo, nosato Daiki is promoted to yokozuna.In association football, Liverpool win the Premier League title.In motor racing, lex Palou wins the Indianapolis 500.In basketball, the EuroLeague concludes with Fenerbahe winning the Final Four Playoff.Ongoing: Gaza warM23 campaignRussian invasion of UkrainetimelineSudanese civil wartimelineRecent deaths: Harrison Ruffin TylerPhil RobertsonMary K. GaillardPeter DavidAlan YentobGerry ConnollyNominate an articleMay 31: Dragon Boat Festival in China and Taiwan (2025); World No Tobacco DayBessarion455 Petronius Maximus, the ruler of the Western Roman Empire, was stoned to death by a mob as he fled Rome ahead of the arrival of a Vandal force that sacked the city.1223 Mongol invasion of Kievan Rus': Mongol forces defeated a Kievan Rus' army at the Battle of the Kalka River in present-day Ukraine.1468 Cardinal Bessarion (pictured) announced his donation of 746 Greek and Latin codices to the Republic of Venice, forming the Biblioteca Marciana.1935 A magnitude-7.7 earthquake struck Balochistan in British India, now part of Pakistan, killing between 30,000 and 60,000 people.2013 An extremely large, powerful, and erratic tornado struck Central Oklahoma, killing eight people and injuring more than 150 others.Albertino Mussato (d.1329)Joseph Grimaldi (d.1837)Dina Boluarte (b.1962)Mbaye Diagne (d.1994)More anniversaries: May 30May 31June 1ArchiveBy emailList of days of the yearAboutCucumis metuliferus, the African horned cucumber, is an annual vine in the cucumber and melon family, Cucurbitaceae. Its fruit has horn-like spines, hence the name "horned melon". The ripe fruit has orange skin and lime-green, jelly-like flesh. It is native to Southern Africa, where it is a traditional food. Along with the gemsbok cucumber and the citron melon, it is one of the few sources of water during the dry season in the Kalahari Desert. This photograph, which was focus-stacked from 25 separate images, shows two C.metuliferus fruits, one whole and the other in cross-section.Photograph credit: Ivar LeidusRecently featured: Ignace TonenAustralian white ibisHell Gate BridgeArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia itself, including policies and technical issues.Site news Sources of news about Wikipedia and the broader Wikimedia movement.Teahouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about encyclopedic topics.Content portals A unique way to navigate the encyclopedia.Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles DeutschEspaolFranaisItalianoNederlandsPolskiPortugusSvenskaTing Vit 250,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdLatvieuLietuviNorsk nynorskShqipSlovenina Retrieved from " 2This article is about the year 455. For other uses, see 455 (disambiguation).This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.Find sources:"455"news newspapers books scholar JSTOR (April 2019) (Learn how and when to remove this message)Calendar yearYearsMillennium1stmillenniumCenturies4thcentury5thcentury 6thcenturyDecades430s440s450s 460s470sYears452453454455 456457458vte455 by topicLeadersPolitical entitiesState leadersReligious leadersCategoriesBirthsDeathsDisestablishmentsvte455 in various calendarsGregorian calendar455CDLVAb urbe condita1208Assyrian calendar5205Balinese saka calendar376377Bengali calendar139 138Berber calendar1405Buddhist calendar999Burmese calendar183Byzantine calendar59635964Chinese calendar (WoodHorse)3152 or 2945to (WoodGoat)3153 or 2946Coptic calendar171172Discordian calendar1621Ethiopian calendar447448Hebrew calendar42154216Hindu calendars- Vikram Samvat511512- Shaka Samvat376377- Kali Yuga35553556Holocene calendar10455Iranian calendar167 BP 166 BPIslamic calendar172 BH 171 BHJavanese calendar340341Julian calendar455CDLVKorean calendar2788Minguo calendar1457 before ROC1457Nanakshahi calendar1013Seleucid era766/767 AGThai solar calendar997998Tibetan calendar(male Wood-Horse)581 or 200 or 572to(female Wood-Goat)582 or 201 or 571King Genseric sacks Rome (455)Year 455 (CDLV) was a common year starting on Saturday of the Julian calendar. At the time, it was known as the Year of the Consulship of Valentinianus and Anthemius (or, less frequently, year 1208 Ab urbe condita). The denomination 455 for this year has been used since the early medieval period, when the Anno Domini calendar era became the prevalent method in Europe for naming years.March 16 Emperor Valentinian III, age 35, is assassinated by two Hunnic retainers of the late Flavius Aetius, while training with the bow on the Campus Martius (Rome), ending the Theodosian dynasty. His primicerius sacri cubiculi, Heraclius, is also murdered.March 17 Petronius Maximus, former domesticus ("elite bodyguard") of Aetius, becomes (with support of the Roman Senate) emperor of the Western Roman Empire. He secures the throne by bribing officials of the imperial palace. Maximus consolidates his power by a forced marriage with Licinia Eudoxia, widow of Valentinian III.Maximus appoints Avitus, most trusted general, to the rank of magister militum and sends him on an embassy to Toulouse, to gain the support of the Visigoths. He elevates his son Palladius to Caesar and has him marry Eudocia, eldest daughter of Valentinian III.May 31 Maximus is stoned to death by an angry mob while fleeing Rome. A widespread panic occurs when many citizens hear the news that the Vandals are plundering the Italian mainland.June 2 Sack of Rome: King Genseric leads the Vandals into Rome, after he has promised Pope Leo I not to burn and plunder the city. Genseric sacks the city for a period of two weeks. Eudoxia and her daughters, Eudocia and Placidia, are taken hostage. The loot is sent to the harbour of Ostia and loaded into ships, from whence the Vandals depart and return to Carthage.July 9 Avitus is proclaimed Roman emperor at Toulouse, and later recognised by the Gallic chiefs in Viernum (near Arles).September 21 Avitus enters Rome with a Gallic army. He restores the imperial authority in Noricum (modern Austria) and leaves a Gothic force under Remistus, Visigoth general (magister militum), at Ravenna.The Ostrogoths conquer Pannonia and Dalmatia.Battle of Aylesford: Prince Vortimer rebels against the pro-Anglo-Saxon policies of his father, Vortigern. He is defeated in the battle at Aylesford (Kent). Hengist and his son Oisc become king of Kent. Horsa and Catigern, brother of Vortimer, are killed. The Britons withdraw to London (according to the Anglo-Saxon Chronicle).Skandagupta succeeds Kumaragupta I as ruler of the Gupta Empire (India). During his reign he crushes the Hun invasion; however, the expense of the wars drains the empire's resources and contributes to its decline.Gaero becomes king of the Korean kingdom of Baekje.[1]Earliest recorded date at Chichen Itza on the Yucatn Peninsula (Mexico) (approximate date).Barter economy replaces organized trade as Romans and other citizens desert their towns for the countryside, where they will be less vulnerable to barbarian raids (approximate date).The city of Vindobona (Vienna) is struck by an epidemic that spreads through the Roman provinces. The disease is probably streptococcus or a form of scarlet fever with streptococcus pneumoniae (approximate date).Rusticus, archbishop of Lyon (approximate date)Wang Baoming, empress of the Southern Qi (d. 512)March 16Valentinian III, emperor of the Western Roman Empire (b. 419)Heraclius, Roman courtier (primicerius sacri cubiculi)May 31 Petronius Maximus, emperor of the Western Roman EmpireBiyu of Baekje, king of Baekje[1]Catigern, prince and son of Vortigern (approximate date)Horsa, leader of the Anglo-Saxons (approximate date)Kumaragupta I, ruler of the Gupta Empire (India)Niall Noigiallach, High King of Ireland (approximate date)Palladius, son of Petronius Maximus (approximate date)Prosper of Aquitaine, disciple and Christian writer (approximate date)^ a b "List of Rulers of Korea". www.metmuseum.org. Retrieved April 20, 2019.Retrieved from " 3One hundred years, from 301 to 400Millennia1stmillenniumCenturies3rdcentury4thcentury5thcenturyTimelines3rdcentury4thcentury5thcenturyState leaders3rdcentury4thcentury5thcenturyDecades300s310s320s330s340s350s360s370s380s390sCategories:Births Deaths Establishments DisestablishmentsvteEastern Hemisphere at the beginning of the 4th century CE.Eastern Hemisphere at the end of the 4th century CE.The 4th century was the time period from 301 CE (represented by the Roman numerals CCCI) to 400 CE (CD) in accordance with the Julian calendar. In the West, the early part of the century was shaped by Constantine the Great, who became the first Roman emperor to adopt Christianity. Gaining sole reign of the empire, he is also noted for re-establishing a single imperial capital, choosing the site of ancient Byzantium in 330 (over the current capitals, which had effectively been changed by Diocletian's reforms to Milan in the West, and Nicomedeia in the East) to build the city soon called Nova Roma (New Rome); it was later renamed Constantinople in his honor.The last emperor to control both the eastern and western halves of the empire was Theodosius I. As the century progressed after his death, it became increasingly apparent that the empire had changed in many ways since the time of Augustus. The two-emperor system originally established by Diocletian in the previous century fell into regular practice, and the east continued to grow in importance as a centre of trade and imperial power, while Rome itself diminished greatly in importance due to its location far from potential trouble spots, like Central Europe and the East. Late in the century Christianity became the official state religion, and the empire's old pagan culture began to disappear.[citation needed] General prosperity was felt throughout this period, but recurring invasions by Germanic tribes plagued the empire from 376[1][2] CE onward. These early invasions marked the beginning of the end for the Western Roman Empire.In China, the Jin dynasty, which had united the nation prior in 280, began rapidly facing trouble by the start of the century due to political infighting, which led to the insurrections of the northern barbarian tribes (starting the Sixteen Kingdoms period), which quickly overwhelmed the empire, forcing the Jin court to retreat and entrench itself in the south past the Yangtze river, starting what is known as the Eastern Jin dynasty around 317. Towards the end of the century, Emperor of the Former Qin, Fu Jin, united the north under his banner, and planned to conquer the Jin dynasty in the south, so as to finally reunite the land, but was decisively defeated at the Battle of Fei River in 383, causing massive unrest and civil war in his empire, thereby leading to the fall of the Former Qin, and the continued existence of the Eastern Jin dynasty.According to archaeologists, sufficient archaeological evidence correlates of state-level societies coalesced in the 4th century to show the existence in Korea of the Three Kingdoms (300/400668 CE) of Baekje, Goguryeo, and Silla.Historians of the Roman Empire refer to the "Long Fourth Century" to the period spanning the fourth century proper but starting earlier with the accession of the Emperor Diocletian in 284 and ending later with the death of Honorius in 423 or of Theodosius II in 450.[3]See also: Christianity in the 4th centuryGregory the Illuminator mosaic, converted Armenia from Zoroastrianism to ChristianityContemporary bronze head of Constantine I (r. 306337 AD)Early 4th century Former audience hall now known as the Basilica, Trier, Germany, is built.Early 4th century The Gupta Empire is established.301: Armenia first to adopt Christianity as state religion.304439: The Sixteen Kingdoms in China begins.306337: Constantine the Great, ends persecution of Christians in the Roman Empire (see also Constantinian shift) and Constantinople becomes new seat of government (New Rome).Tikal had a population of about 100,000 when it was conquered by Teotihuacan, less than a fourth of its peak population[4]320: Butuan Boat One, the oldest known Balangay, a multi-purpose ship native to the Philippines is built.325328: The Kingdom of Aksum adopts Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity in the grip of the Arian controversy.335380: Samudragupta expands the Gupta Empire.337: Constantine the Great is baptized a Christian on his death bed.350: About this time the Kingdom of Aksum conquers the Kingdom of Kush.350400: At some time during this period, the Huns began to attack the Sassanid Empire.[2]350: The Kutai Martadipura kingdom in eastern Borneo produced the earliest known stone inscriptions in Indonesia known as the Mulavarman inscription written in the Sanskrit language using Pallava scripture.[5]Mid-4th century Dish, from Mildenhall, England, is made. It is now kept at the British Museum, London.Mid-4th century Wang Xizhi makes a portion of a letter from the Feng Ju album. Six Dynasties period. It is now kept at National Palace Museum, Taipei, Taiwan, Republic of China.365: An earthquake with a magnitude of at least eight strikes the Eastern Mediterranean. The following tsunami causes widespread destruction in Crete, Greece, Libya, Egypt, Cyprus, and Sicily.376: Visigoths appear on the Danube and are allowed entry into the Roman Empire in their flight from the Huns.378: Battle of Adrianople: Roman army is defeated by the Visigoth cavalry. Emperor Valens is killed.378395: Theodosius I, Roman emperor, bans pagan worship, Christianity is made the official religion of the Empire.378: Siyaj K'ak' conquers Waka on (January 8), Tikal (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery, Romania381: First Council of Constantinople reaffirms the Christian doctrine of the Trinity by adding to the creed of Nicaea.383: Battle of Fei River in China.395: The Battle of Canhe Slope occurs.395: Roman emperor Theodosius I dies, causing the Roman Empire to split permanently.Late 4th century: Cubiculum of Leonis, Catacomb of Commodilla, near Rome, is made.Late 4th century: Atrium added in the Old St. Peter's Basilica, Rome.For a more comprehensive list, see Timeline of historic inventions 4th century.The Stirrup was invented in China, no later than 322.[6][1]Kama Sutra, dated between c.400 BC to c. 300 AD.[7][8]Iron pillar of Delhi, India is the world's first Iron Pillar.[citation needed]Trigonometric functions: The trigonometric functions sine and versine originated in Indian astronomy.[9]Codex Sinaiticus and the Codex Vaticanus Graecus 1209, are the earliest Christian bibles.[10][11]Book of Steps, Syriac religious discourses.[citation needed]^ a b "The invention and influences of stirrup". Archived from the original on December 3, 2008.^ a b Roberts, J: "History of the World". Penguin, 1994.^ The Long Fourth Century 284450: Continuity and Change in the Later Roman Empire ed. S. McGill, C. Sogno and E. Watts (Cambridge 2008).^ "The Maya: Glory and Ruin". National Geographic Magazine. Archived from the original on April 9, 2008.^ "The Austronesians: Historical and Comparative Perspectives". ANU Press. Archived from the original on 2013-12-25. Retrieved 2013-04-29.^ Lee, Adela C.Y. "The stirrup and its effect on chinese military history". Silkroad Foundation.^ Sengupta, J. (2006). Refractions of Desire, Feminist Perspectives in the Novels of Toni Morrison, Michle Roberts, and Anita Desai. Atlantic Publishers & Distributors. p.21. ISBN978-81-269-0629-1. Archived from the original on 4 May 2016. Retrieved 7 December 2014.^ Kakar, Sudhir; Doniger, Wendy (2003). Kamasutra. Oxford; Toronto: Oxford University Press. pp.xi. ISBN978-0-19-283982-4.^ Bag, A.K. (1979). 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Retrieved 16 March 2013.Retrieved from " 4The following pages link to 4th century External tools(link counttransclusion countsorted list) See help page for transcluding these entriesShowing 50 items.View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)List of decades, centuries, and millennia (links | edit)Religion in pre-Islamic Arabia (links | edit)Rosetta Stone (links | edit)20th century (links | edit)15th century (links | edit)16th century (links | edit)17th century (links | edit)18th century (links | edit)14th century (links | edit)1st century (links | edit)13th century (links | edit)397 (links | edit)12th century (links | edit)11th century (links | edit)7th century (links | edit)10th century (links | edit)9th century (links | edit)8th century (links | edit)6th century (links | edit)5th century (links | edit)3rd century (links | edit)2nd century (links | edit)405 (links | edit)4th century BC (links | edit)432 (links | edit)200s (decade) (links | edit)300s (decade) (links | edit)1st century BC (links | edit)2nd century BC (links | edit)3rd century BC (links | edit)5th century BC (links | edit)6th century BC (links | edit)400s (decade) (links | edit)310s (links | edit)320s (links | edit)321 (links | edit)21st century BC (links | edit)11th century BC (links | edit)286 (links | edit)476 (links | edit)385 (links | edit)7th century BC (links | edit)410 (links | edit)325 (links | edit)380s (links | edit)381 (links | edit)470s (links | edit)430s (links | edit)430 (links | edit)510s (links | edit)View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)Retrieved from " WhatLinksHere/4th_century"

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