

## To pH Test Urine...

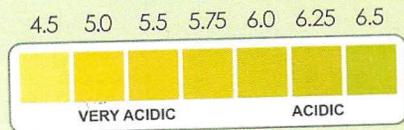
One of the principal systems your body uses for eliminating acids is the renal system (your kidneys). The normal rate of acid excretion through the kidneys gives urine a pH that falls between 6.75 and 7.25.

Testing your body's pH will determine if your body is eliminating a normal amount of acid or if your body is too acidic. If the acid excretion rate is higher than what would be considered optimal, your urinary pH will be more acidic or "low" on the pH-ion pH Color Chart (ranging from 4.5 to 6.5).

A low pH urinary reading is an indication that you are low in alkaline minerals and high in acid, meaning your body is out of pH balance.

### Directions To Test Urine\*

1. Quickly pass the strip through your urine stream;
2. Shake off any excess urine immediately;
3. Hold the strip in the air, wait 15 seconds, then match the color on the strip pad to the corresponding color chart found on the bottle;
4. Note your pH reading level for future reference; and
5. Discard the strip - DO NOT reuse.



### Please Note:

If you don't get an exact color match, you're in-between ranges. For example, if your pH is 6.85, then the color on the pad will not exactly match the color on the chart. In this case, locate the closest color chart reading and use the lower number as your pH reading.

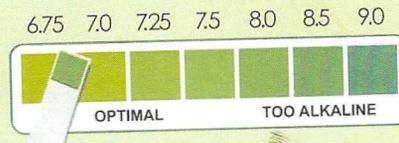
## To pH Test Saliva...

Another indicator of pH Balance in your body is the pH of your saliva. When your body has an abundant supply of mineral buffers available, your saliva pH will read between 7.0 and 7.5 (and as high as 8.0 immediately following a meal).

A low saliva pH reading is an indication that you are low in alkaline minerals and high in acid, meaning your body is out of pH balance.

### Directions To Test Saliva\*

1. Prior to testing, ensure you have not eaten, drank or brushed your teeth in the last hour;
2. Rinse your mouth out with water and wait for approximately 3 minutes;
3. Test your saliva;
4. Hold the strip in the air, wait 15 seconds, then match the color on the strip pad to the corresponding color chart found on the bottle;
5. Note your pH reading level for future reference;
6. Discard the strip - Do not reuse.



\* These statements have not been evaluated by the Food and Drug Administration.