


pH Drink Chart

pH 0	Battery Acid	
pH 1	Stomach Acid	
pH 2	Vinegar, Sunny Delight, Gatorade Clear, Pepsi, Country Time Lemonade, SoBe Sugarfree Tropical, RC Cola, Cherry Coke, Coke Classic, SoBe Strawberry-Grape, Capri Sun, Orange Crush, Hi-C Blast Fruit Punch, Tang, Hi-C Lemonade, Extran, Powerade, Orange Minute Maid, Mellow Yellow, Diet Cherry Coke, Welch's White Grape, Mr. Pibb, Hawaiian Fruit Punch, Squirt, Lipton Brisk, Upside Down 7-Up, Grapefruit Juice canned, Cranberry Juice white, Dr. Pepper, Gatorade, Nestea Sweetened Lemon Iced Tea, Monster Energy Drink	
pH 3	Grapefruit Juice, Diet Rite (white grape), Kool-Aid Jammers (cherry), Sierra Mist, Surge, Nestea, Pepsi One, Vinegar (cider), Diet Code Red Mountain Dew, Pepsi Blue, V8 Splash Berry Blend, Orange Slice, Dole (orange strawberry banana), Fresca, Propel, Snapple Tea, Snapple Tea Diet, Twist Up, Mountain Dew, Grape Minute Maid, Pineapple Juice (canned), Orange Juice Florida, Orange Juice California, Diet Mountain Dew, Sherry wine, Diet Coke, Dole Pineapple Juice, Apple Juice, Diet Dr. Pepper, Sprite, Plum Nectar, Ultima, Juicy Juice, Tea iced, Tropicana Sprite Remix, Diet 7-Up, Cytomax, Accelerade, Energiv G, Powerbar Endurance, Vegetable Juice, Prune Juice, VitaCoCo Coconut Water with Passionfruit, Crystal Light, XyWater, Red Bull Energy Drink, Ginger Ale, Vitamin Water, Sparkling Water, Sparkling Ice, <i>Tom's of Maine</i>	
pH 4	Dad's Root Beer, Pear Nectar, Acidophilus Milk, Tomato Juice, A&W Crème Soda, Gu20, A&W Root Beer, Buttermilk, E load, Diet Barq's, Barq's, Emend, Club Soda, <i>Oral-B Anticavity, Breath Rx, Oral-B Antibacterial, Crest Pro-Health, Listerine</i>	
pH 5	Milk (sour, fine curd), Milkfish, Guava Nectar, Brewed Coffee, Instant Coffee, VitaCoCo Coconut Water, Black Tea, <i>Fluorigard, Scope, Peridex, Biotene</i>	
Danger Zone Safe Zone	 <p>pH 5.5</p> <p>The pH scale ranges from 0-14, with 0 being the most acidic and 14 being the most alkaline (basic); a pH of 7 is completely neutral. Water is completely neutral at a 7pH. It is important to keep the pH level of your mouth in a certain range; if it falls below a 5.5pH, teeth begin to demineralize, or deteriorate. Keeping your pH above a 5.5 will ensure demineralization does not happen, and raising your pH back up to a 5.5pH after it's fallen below that level will help remineralize teeth.</p>	Danger Zone Safe Zone
pH 6	Evaporated Milk, Alo Juice, Condensed Milk, Cow & Goat Milk, Chrysanthemum Drink, Coconut Milk, 2% Milk, Skim Milk, Almond Milk, <i>ACT</i>	
pH 7	Water, Soy Milk, Peptonized Milk, Wax Gourd Drink, Green Tea, <i>CloSYS</i>	
pH 8	Sea Water, <i>CariFree Maintenance Rinse</i>	
pH 9	Baking Soda	
pH 10	Antacids	
pH 11	Antacids, <i>CariFree Treatment Rinse</i>	
pH 12	Soapy Water	

* *Italicized items are mouth rinses*