

Is Your Drink Causing Cavities?

**Italicized items are mouth rinses*

pH 1	Stomach Acid	
pH 2	Pepsi, Coke, Orange Crush, Mellow Yellow, Mr. Pibb, Squirt, 7-Up, Dr. Pepper, Zevia Sunny Delight, Capri Sun, Hi-C Fruit Punch, Tang, Hawaiian Fruit Punch, Orange Minute Maid, Welch's White Grape, Cranberry Juice Lipton Brisk, Nestea Sweetened Lemon Iced Tea, Arizona Tea Monster Energy Drink, Amp Energy, 5HR Energy, Jolt, Rockstar	
pH 3	Diet Rite, Sierra Mist, Pepsi One, Pepsi Blue, Mountain Dew, Mountain Dew Code Red, Fresca, Diet Coke, Diet Dr. Pepper, Sprite, Diet 7-Up, Ginger Ale, Grapefruit Juice, Pineapple Juice, Orange Juice, V8 Splash Berry Blend, Dole (orange- strawberry-banana), Grape Minute Maid, Apple Juice, Juicy Juice, Vegetable Juice, Prune Juice Kool-Aid, Snapple Tea, Snapple Tea Diet, Arizona Green Tea, Crystal Light Vitamin Water, Sparkling Ice, Sparkling Water, XyWater Prime, Propel, Powerade, Gatorade, Accelerade, PowerBar Endurance, Red Bull Tom's of Maine, Peroxyl	
pH 4	Dad's Root Beer, A&W Root Beer, Barq's Root Beer, A&W Crème Soda, Tomato Juice, Milo's Sweet Tea, Kefir, Buttermilk Crest Pro-Health, Oral-B Anticavity, Biotene, StellaLife, Breath Rx, Listerine	
pH 5	Coffee, Black Tea, Guava Nectar, VitaCoco Coconut Water, Dasani Water Fluoridex, Scope, Peridex, Chlorhexidine, Crest 3D Whitening Rinse	
Danger Zone	<div><div>pH 5.5</div><div><ul style="list-style-type: none">• The pH scale ranges from 0 to 14.• A pH of 0 is the most acidic; 14 is the most basic.• A pH of 7 is completely neutral (<i>Water has a neutral pH of 7</i>).• Maintaining proper oral pH is important for dental health.• If mouth pH drops below 5.5, teeth begin to demineralize (<i>deteriorate</i>).• Keeping mouth pH above 5.5 helps prevent demineralization.• Raising pH back to 5.5 or higher after a drop can help prevent cavities.</div></div>	Danger Zone
Safe Zone		Safe Zone
pH 6	Whole, 2%, and Skim Milk, Almond Milk, Oat Milk Cashew Milk, Coconut Milk, Goat Milk, Evaporated Milk, Condensed Milk, Yerba Mate, Alo Juice, Aquafina Listerine Zero Alcohol, Colgate FluoriGard Daily, Breath Rx, Colgate Total Advanced Health, Colgate Optic White	
pH 7	Water, Nestle Pure Life Water, Fuji Water, Soy Milk, Chamomile Tea, Green Tea, Wax Gourd Drink, Bai Tea CloSYS, Biotene Dry Mouth Oral Rinse, SmartMouth, Oxyfresh, Cepacol, ACT	
pH 8	Sea Water, Evian Water TheraBreath, CariFree Maintenance Rinse	
pH 9	Baking Soda	
pH 10	Antacids Carifree Treatment Rinse	

