

## «« pH Values »»

Acidic and basic are two extremes that describe chemicals, just like hot and cold are two extremes that describe temperature. A substance that is neither acidic nor basic is neutral. The pH scale measures how acidic or basic a substance is. It ranges from 0 to 14. A pH of 7, such as pure water is neutral. A pH less than 7 is acidic and greater than 7 is basic. Each whole pH value below 7 is ten times more acidic than the next higher value. For example, a pH of 4 is ten times more acidic than a pH of 5 and 100 times (10 x 10) more acidic than a pH of 6. The same holds true for pH values above 7, each of which is ten times more basic than the next lower whole value. **The pH of the acid in dental plaque is 4; therefore it will disolve enamel.** 

<u>Soft Drinks</u>		<u>Tea</u>		
<u>Product</u>	pН	<u>Product</u>	<u>pH</u>	
NEUTRAL pH	7.00	NEUTRAL pH	7.00	
Dentin dissolves below	6.50	Dentin dissolves below	6.50	
Enamel dissolves below	5.50	Red Diamond Sugar Free Decaffeinated Tea	6.30	
A&W Root Beer (can)	4.75	Red Diamond Unsweet Tea	6.01	
Diet A&W Root Beer	4.53	Enamel dissolves below	5.50	
Barq's Root Beer	4.47	Nestea Sweetened Iced Tea	4.50	
Walgreens Root Beer	4.34	McAlister's Iced Tea with Lemon	3.67	
Mug Root Beer	4.03	Diet Lipton Citrus Green Tea	3.22	
Diet 7UP	3.70	Diet Lipton Lemon Iced Tea	3.11	
Diet Coke (can)	3.65	Crystal Light Sugar Free Peach Tea	3.05	
Diet Mountain Dew	3.36	Lemon Brisk	2.86	
Sprite	3.29	Lemon Nestea	2.96	
Diet Coke	3.28			
Mountain Dew	3.22	<u>Coffee</u>		
Diet Coke with Lime	3.21	<u>Product</u>	pН	
7UP	3.20	NEUTRAL pH	7.00	
Coke Zero	3.18	Coffee with Coffee-Mate Creamer The Orig	inal 6.75	
Diet Dr. Pepper (can)	3.16	Dentin dissolves below	6.50	
Big Red (can)	3.07	Starbucks Caramel Latte	6.36	
Slice Orange	3.05	Starbucks White Mocha with Whole Milk	6.30	
Diet Pepsi	3.03	Starbucks White Mocha with Skim Milk	6.26	
Mr. Pibb	2.90	Black Coffee	5.70	
Dr. Pepper (can)	2.89	Enamel dissolves below	5.50	
Squirt	2.89	Starbucks Regular	4.85	
Fanta Orange	2.73			
Pepsi	2.53	<u>Acids</u>		
Coca-Cola	2.52		<u>pH</u>	
Cherry Coke	2.52	Battery Acid	0.00	
Coca-Cola CLASSIC	2.50	Hydrochloric, Sulfuric, and Nitric Acids	0.00- 1.00	
RC Cola (can)	2.38	Stomach Acid	1.50- 3.50	
		Phosphoric and Sulfamic Acid	2.00	

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Juices & Milk		<b>Sports Drinks &amp; Energy Drinks</b>		
<u>Product</u>	pН	<u>Product</u>		<u>рН</u>
NEUTRAL pH	7.00	NEUTRAL pH		7.00
Borden Vitamin D Milk	6.90	Dentin dissolves below		6.50
Dentin dissolves below	6.50	Enamel dissolves below	5.50	
Yoo-hoo	6.01	Monster Assault		3.49
Enamel dissolves below	5.50	Red Bull		3.37
V8 100% Vegetable Juice	4.29	Gatorade Fruit Punch		3.27
Tropicana 100% Apple Juice	4.05	Propel Mango		3.23
Crystal Light Sunrise Ruby Red Grapefruit	3.81	Gatorade Lemon-Lime		3.07
Minute Maid Orange Juice	3.70	Full Throttle Energy Drink		2.94
Welch's Concord Grape	3.24	Gatorade Cool Blue		2.92
Ocean Spray White Cranberry Peach	2.96	5-Hour Energy		2.81
		Powerade Red		2.77
<u>Food</u>		Rockstar		2.53
<u>Product</u>	pН			
Blue Bell No Sugar Added Vanilla Ice Cream	7.02	<b>Bottled Water</b>		
NEUTRAL pH	7.00	Longview Tap Water		8.25
Blue Bell Ice Cream Cantaloupe 'n Cream	6.56	Evian		8.10
1 Blue Bell No Sugar Added Vanilla Ice Cream		Music Mountain		7.88
& Diet A&W Root Beer	6.56	Longview Regional		7.71
Dentin dissolves below	6.50	Fiji		7.50
Blue Bell No Sugar Added Vanilla Ice Cream		Nestle "Pure Life" 6	5.2	-7.60
& Diet A&W Root Beer	5.97	Saliva		7.40
Enamel dissolves below	5.50	NEUTRAL pH		7.00
Black Licorice	5.05	Dentin dissolves below		6.50
Tomato	4.45	Spring by Dannon		6.40
Orange	3.83	Dasani		6.03
Ice Breakers Sours Tropical	2.43	Sam's Choice		5.90
Lemon	2.29	AquaFina		5.67
Lime	2.17	Enamel dissolves below		5.50
		Deja Blue		5.49
		Ozarka		5.49
Beer & Wine		Dasani Lemon		3.48
<u>Product</u>	pН	Fruit <sup>2</sup> O		3.10
NEUTRAL pH	7.00			
Dentin dissolves below	6.50	Mouth Wash		
Enamel dissolves below	5.50	<u>Product</u>		<u>pH</u>
Budweiser	4.38	NEUTRAL pH		7.00
Bud Light	4.33	Dentin dissolves below		6.50
Turning Leaf Cabernet Sauvignon	3.59	Enamel dissolves below		5.50
Sutter Home Merlot	3.28	Biotene Blue Label		4.93
Sutter Home Sauvignon Blanc	3.08	Listerine		4.24
		Crest ProHealth Rinse		3.57
		Tom's of Maine Tartar Control-Peppermint		3.43