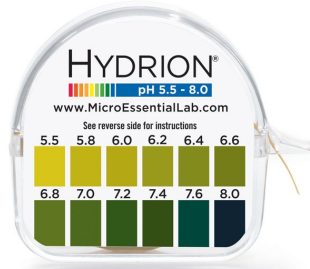
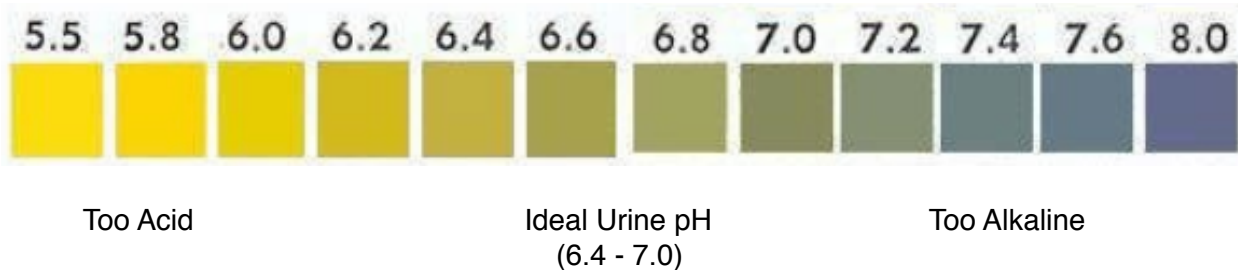


pH Testing

pH paper is a key tool to test your body's overall acid/alkaline balance by testing the pH of your first morning urine (the first urine after 5 a.m.). This pH roll can test a range from 5.5 to 8.0 in steps of 0.2 pH unit. One roll will last for nearly two hundred tests. A convenient dispenser allows you to tear off a small strip of pH paper (1 inch or less) to dip into urine to determine its pH.



This convenient and simple tool is perfect for monitoring your progress in helping to restore your body's acid/alkaline balance. You can easily check either urine or saliva pH.



Health Benefits

pH management is the cornerstone of health maintenance. The pH paper roll offers key advantages:

- Easily track your progress
- Conveniently fits in a shirt pocket or purse
- Inexpensive
- One roll last several months

Synergistic Considerations

For maximum replenishment of pH reserve (if tested numbers fall in the yellow or blue zones), use the pH Trio (Coral Legend, AloePro, D3 Serum) until the first morning urine pH falls consistently in the 6.4 to 7.0 range.

Directions

Withdraw and tear off approximately 1 inch or less of pH paper and immerse in a cup of fresh voided first morning urine. Remove the strip, shake off any excess urine and then promptly read the color; match the specimen's color with the colors on the pH dispenser chart to determine the corresponding pH.

Urine pH Tracking

Name _____

Start Date _____

Please record your urine pH values each day on this chart.

A.M. pH reading is taken from testing the first morning urine after 5 A.M.

P.M. pH reading is taken from testing urine taken just before dinner meal (approx. 5-6 P.M.)

Date	Day	AM	PM
	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		
	11		
	12		
	13		
	14		
	15		
	16		
	17		
	18		
	19		

Date	Day	AM	PM
	20		
	21		
	22		
	23		
	24		
	25		
	26		
	27		
	28		
	29		
	30		
	31		
	32		
	33		
	34		
	35		
	36		
	37		
	38		