

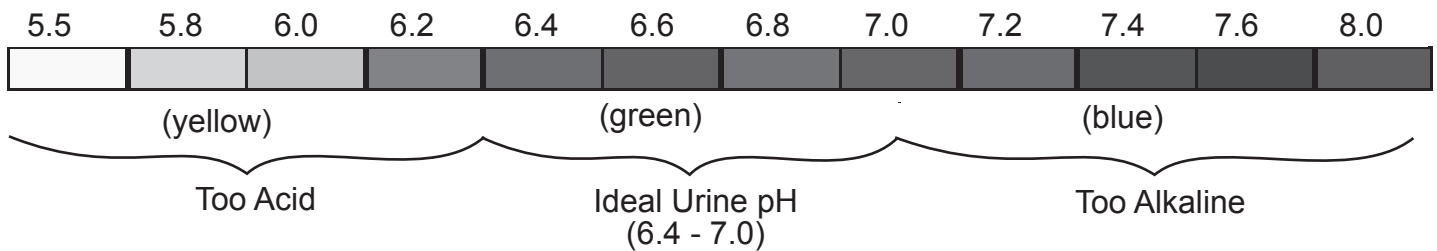
pH Testing

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 AM). This pH roll can test a range from 5.5 to 8.0 in steps of 0.2 pH units. 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.



pH Paper With pH Color Chart (0.4 oz)

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 lasts 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, Quantum Aloe and Quantum Cod Liver Oil) or **Quantum pH Powder** (a combination of marine coral minerals and Quantum Aloe) 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 freshly 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.

AM pH reading is taken from testing the first morning urine after 5 AM.
 PM pH reading is taken from testing urine taken just before dinner meal
 (approx. 5-6 PM).

	AM	PM
Day 1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

	AM	PM
Day 16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

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	AM	PM
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