

Urine and Saliva pH Evaluation 5.5-8.0 \$5.00

Name: _____ Date: ___/___/_____

Urine pH

Perform this test using your first morning urine, which is your first void after 4:00 a.m.
Record the date and pH number on the chart below.

1. Have a tissue ready to place the pH paper onto and a tissue for any dripping.
Remove a strip of pH paper from the plastic container or baggie.
Touch only one end of the pH paper. Test the untouched end.
2. While urinating, quickly pass one end of the pH paper through the urine stream OR collect urine in a cup, then quickly dip the pH paper into the urine sample.
3. IMMEDIATELY compare the color of the pH paper to the color chart below.
If the color is between two colors estimate the corresponding pH level.
4. Record the results in the table below.

Saliva pH

Perform this test when you first get up, BEFORE putting anything in your mouth, (i.e. water, toothpaste, etc.).

1. Remove a strip of pH paper from the plastic container or baggie.
Touch only one end of the pH paper. Test the untouched end.
2. Do not put the pH paper in your mouth. Work up a small amount of saliva and put it in a spoon.
Dip the end of pH paper into the saliva for a second or two and bring it out. Immediately compare pH paper color to the color chart. If the color is between two colors estimate the corresponding pH level.
3. Record the results in the table below.

Please fax your results to 866-594-1901 or
Email to nutrition@flourishrx.com



Date ___/___/_____		Time: _____		
Time	Urine pH	Normal Urine pH	Saliva pH	Normal Saliva pH
First Morning		6.0 – 6.5		6.8 – 7.0

WE HELP YOU FEEL WELL FASTER!

Flourish Compounding Pharmacy & Nutrition Center
14720 N Pennsylvania Avenue, Oklahoma City, OK 73134
405-751-3333 www.FlourishRx.com

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