

Saliva pH Acid Challenge Test

This is a challenge test with diluted lemon juice to monitor mineral reserves.

Test Procedure

Tear off 7 strips of pH paper, each about 2"long. Lay out on tissue.

Measure out (and have ready in a cup) 1 tbsp. of lemon juice mixed with 1 tbsp. water.

Make a pool of saliva in mouth. Dip 1 end of strip of pH paper into the pool and wet it.

Do not suck on strip - just wet it. Remove and compare color immediately. (Strip will darken with time so compare immediately.)

Compare color of the pH paper against the pH scale provided and record the result as baseline.

Quickly sip down the lemon juice mix in 4 sips, with a quick swish with each sip.

As soon as the whole 2 tbsp. of mix is swallowed, test pH again and record, and also start timer.

For the next 5 minutes, one minute apart, test the saliva with the last 5 pH strips.

Record each reading on the attached chart.

Name _____

Date	Mark your readings in this column
Baseline	
After lemon mix	
1 minute	
2 minute	
3 minute	
4 minute	
5 minute	