

## Measure & Track Your pH

### pH test strips help you track your pH:

In order to gain full insight into the pH of your body fluids, it is recommended to test both urine and saliva. Test the pH at different times of the day and record the readings over a longer period of time to gain a bigger picture of your progress, rather than reading each in isolation. Try and test under the same conditions each day, ie. the first and second urine as well as the saliva first thing in the morning. For detailed instructions please see reverse.



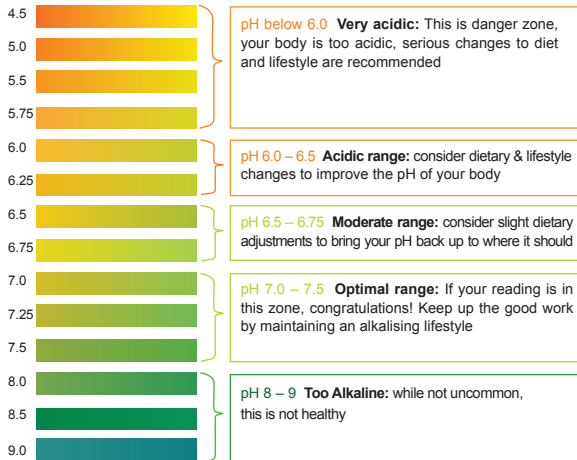
## Use Our Handy Chart to Record Your Readings

	Urine	Saliva	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Test 1	<input type="checkbox"/>	<input type="checkbox"/>																														
Test 2	<input type="checkbox"/>	<input type="checkbox"/>																														
Test 3	<input type="checkbox"/>	<input type="checkbox"/>																														

## Are You Acidic?

Visit [www.simplexhealth.co.uk/AlkalineDiet](http://www.simplexhealth.co.uk/AlkalineDiet)

## How to Understand the Test Results



## Simple Steps to Increase Alkalinity

An analysis of the regular food we eat determines the proportion of acidifying and alkalisng foods. Rethink your diet; avoid acid foods and increase your intake of fresh, leafy greens and vegetables, ideally eaten raw or lightly cooked. Drink plenty of alkaline water. A good alkaline diet should consist of 80% alkaline foods and 20% acidic foods – don't forget to count drinks too!

### Food supplements can be a great way to start and support your Alkaline Diet:

**Alkaline Greens** – Green Drink is a powder or capsules of young grasses, green vegetables or leafy greens that are super-concentrated with the most nutrient rich ingredients. Regularly drinking Green Drinks plays a massive part in becoming and staying alkaline!

**Drink Alkaline Water** – Alkaline water has a high pH and is enriched with minerals to give you an increased sense of well-being and allowing a natural health improvement.

**Alkaline Minerals** – are highly alkalisng and have now been independently proven by the European Food Standards Authority to contribute to normal energy, blood health, mind, digestion, muscle function and immune system.

Download the Free Alkaline Food Chart from our website [www.simplexhealth.co.uk/AlkalineDiet](http://www.simplexhealth.co.uk/AlkalineDiet) to help you improve or maintain the pH of your body.

**When we eat & drink well, our body's cravings for sugar, bad fats and bad food disappear – because these foods are not needed for the body to survive.**

For more information on how to maintain balanced pH levels within your body, visit us at [www.simplexhealth.co.uk/AlkalineDiet](http://www.simplexhealth.co.uk/AlkalineDiet). Here you will find helpful articles, products and a Free Alkaline Food Chart.

For lots of helpful articles, free alkaline food chart and more, please visit [www.simplexhealth.co.uk/AlkalineDiet](http://www.simplexhealth.co.uk/AlkalineDiet)

## Instructions for Use

### To Test Saliva:

First thing in the morning or 2 hours after eating, drinking or brushing teeth. Do not rinse your mouth. Spit saliva on a spoon. Non-bubble saliva works best. Dip the SimplexHealth pH strip into the fluid for about 3 seconds until both pads on the test strip are sufficiently covered with liquid. Wait 15 seconds, then compare colour change to the colour chart. Discard the used pH test strip.

It is recommended that you test yourself a few times throughout the day to get an average reading.

**Results:** An optimal reading is 7.0 to 7.5 as this indicates a slightly alkaline body. 7.0 is neutral. A reading at 6.5 is slightly acidic. A reading below 6.5 is acidic and a reading below 6.0 is very acidic.

### To Test Urine:

The first urine of the day is usually slightly more acidic than normal, therefore test the first & second urine of the day. Track both over time to see changes. To test, briefly place the SimplexHealth pH strip in the urine – mid-stream. Shake off any excess fluid. Wait 15 seconds; then compare colour change to colour chart. Discard the used pH test strip.

**Results:** A reading above 6.5 is considered normal. Your goal should be 7.0 or above. A reading below 6.5 is acidic. A reading below 6.0 is very acidic. **Note:** a urine reading of 7.5 or above, while uncommon, indicates a body that is too alkaline, or may indicate that the kidneys are producing ammonia to buffer acids due to mineral deficiency.

### What if my two colours do not match with the two colours on the colour chart?

The test pad colours correspond to 0.25 and 0.5 increments. If the pH reading is 6.87, then the result of the colour change would be slightly lighter colours than 7. In this case, match to the closest colour possible.

Sometimes, the readings can be influenced by other substances present in urine or saliva, such as medicine, neutral salt, protein, colloid, alkaloid, organic solvent (like alcohol). In this case, it is better to use the reading of the top pad only (the one furthest away from the handle). In these instances, the top pad is more stable at performance than the lower pad.

### Why can there be fluctuations in the readings?

Diet & lifestyle can influence the pH. There can be a difference between your urine and saliva readings as a) your mouth is more likely to contain acidic bacteria throughout the day (if you brush your teeth it will show a very high alkaline reading due to the toothpaste) and b) because your urine is more of a reflection of the processes the body is undertaking to remove acids from the body – both of these are therefore subject to fluctuations.

**It is therefore recommended, to test under the same conditions each day over a period of time to gain a bigger picture of your progress rather than concentrating on each reading in isolation.**

## For Best Results whilst Using the pH Test Strips

The pH test strips have the special double colour indicator method for testing narrow pH ranges. This method gives the clearest and most accurate indication. Compare the colour of both pads against the indicator chart on the packaging.

- Not suitable to test water
- Do not touch the test pads with moist or damp hands
- Do not put the test strips directly into your mouth, for in-vitro use only
- Use each strip only once, then discard
- Store in a cool, dry place. Keep lid sealed tightly at all times
- Use before expiry date
- These strips have been designed to give you an indication of the pH levels for urine and saliva. They are not a medical device.

### Is a urine or saliva pH test as accurate as a pH blood test?

The best test available to determine your body's precise pH value is a blood pH test.

## About the Test Results

The reading of the pH strip will give you an indication of how acid or alkaline you are. By regularly using pH test strips, you are going to be recording an average reading. Testing your pH on a daily basis is a fantastic way to see how you are doing and what effect any change in diet is having on your body.

Don't worry, things can be done if you are too acidic. Making alterations to your diet and supplementing these diet changes with alkalising elements will help to bring your pH back to where it should be. Consider the help and advice of a health professional if necessary.

Download the Free Alkaline Food Chart on <http://www.simplexhealth.co.uk/foodchart>

# 10% off your next order\*

Simply use the code 'ALKALISEme' to receive 10% off Alkalising Supplements & pH Test Strips on our website [www.simplexhealth.co.uk](http://www.simplexhealth.co.uk).

\*Valid for one purchase per person on [www.simplexhealth.co.uk](http://www.simplexhealth.co.uk)

For lots of helpful articles, free alkaline food chart and more, please visit [www.simplexhealth.co.uk/AlkalineDiet](http://www.simplexhealth.co.uk/AlkalineDiet)