

## **pH Litmus Stix (Item #2947)**

### How to Measure pH of your Saliva & Urine

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#### **What to Expect**

As with taking one's weight, one would expect their weight to change throughout the day. So, when testing your pH, it is important to be consistent with the time of day (or routine). It is far more accurate to test your pH during the same period daily. As an example, you might consider taking your sample reading between breakfast and lunch.

#### **What Are You Looking for**

What you are looking for is not a specific reading but rather an average of your readings. We suggest you log your readings. Ignore the highest and lowest ratings and average out the rest of the readings.

An additional piece of information will be available to you if you log your average readings. By doing this you will reveal whether your pH is moving up or gravitating downward. This trend information is useful to judge your overall progress.

PH, an acronym for "potential of hydrogen", is a value that indicates the acidity or alkalinity of a liquid. The measurement of the hydrogen ion concentration in a liquid determines the pH value. Every liquid has a pH value, which falls on a scale between 0 and 14, and 7 being neutral. A pH value less than 7 is acidic; values greater than 7 indicate alkalinity.

Our pH Strips are so highly respected

The pH Strips from Universal formulas incorporate a dual indication method for pH determination.

They also features:

- The widest range available: 4.5 – 9.0
- Easier to use than pH paper rolls
- Very economical
- Practitioner preferred
- Super sensitive and accurate readings

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### **Ordering Information**

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PH Litmus Stix (Item #2947)

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

#### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

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