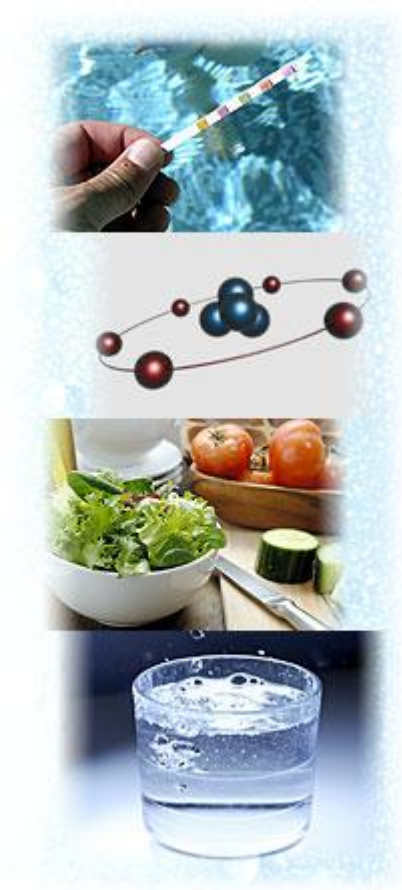


*"From an evolutionary perspective, being slightly alkaline from a low-acid, high alkaline diet is the natural and optimal state of humans." American Journal of Clinical Nutrition, 2002, Vol. 76.*



### Some Common pH Values\*

Substance	pH
Acid mine runoff	-3.6 – 1.0
Battery acid	-0.5
Gastric acid	1.5 – 2.0
Lemon juice	2.4
Cola	2.5
Vinegar	2.9
Orange or apple juice	3.5
Beer	4.5
Acid Rain	<5.0
Coffee	5.0
Tea or healthy skin	5.5
Milk	6.5
Pure water	7.0
Healthy human saliva	6.5 – 7.4
Blood	7.34 – 7.45
Sea water	8.0
Hand soap	9.0 – 10.0
Household ammonia	11.5
Bleach	12.5
Household lye	13.5

\*Information obtained from [www.wikipedia.com](http://www.wikipedia.com)