

## pH of common solutions

0	Battery acid
1	Hydrochloric acid secreted by stomach lining
2	Lemon juice, Gastric juice, Vinegar
3	Grapefruit, Orange juice, Soda
4	Tomato juice, Acid rain
5	Soft drinking water, Black coffee
5.5	Enamel dissolution
6	Urine
6.3	Normal pH of saliva
7	"Pure" water
8	Sea water
9	Baking soda
10	Great Salt Lake, Milk of Magnesia
11	Ammonia solution
12	Soapy water
13	Bleaches, Oven cleaner
14	Liquid drain cleaner

pH = concentration of hydrogen ions compared to distilled water

Erickson, P et al. "Soft drinks: hard on teeth", *Northwest Dentistry*, March-April 2001

<b>pH and Sugar Content of a Variety of Soft Drinks and Other Popular Beverages.</b>					
Beverage	pH	Sugar (gm/serving)	Beverage	pH	Sugar (gm/serving)
<b>Coca-Cola</b>			<b>Orange Slice</b>	3.12	50
Classic	2.53	39	<b>Squirt</b>	2.85	40
Diet	3.39	0	<b>Minute Maid</b>		
Cherry	2.53	42	<b>Orange Soda</b>	2.80	47
<b>Sprite</b>	3.42	26	<b>Lipton's</b>		
<b>Surge</b>	3.02	46	Iced Tea	3.86	22
<b>7-Up</b>			Lemon Iced Tea	2.90	33
Regular	3.19	26	<b>Nestea Iced Tea</b>	3.04	22
Diet	3.67	0	<b>Gatorade</b>		
<b>Pepsi</b>			Citrus Cooler	2.97	14
Regular	2.49	42	Lemon Lime	2.97	14
Diet	3.05	0	<b>Snapple</b>		
<b>Mountain Dew</b>			Plain Tea	3.93	25
Regular	3.22	31	Lemon Iced Tea	2.98	25
Diet	3.34	0	Pink Lemonade	2.54	26
<b>Dr. Pepper</b>			Diet Pink		
Regular	2.92	27	Lemonade	3.10	0
Diet	3.41	0	Lemonade	2.56	30
<b>Barq's Root Beer</b>			Diet Lemon		
Regular	4.61	45	Iced Tea	2.55	0
Diet	4.55	0	Raspberry		
<b>A&amp;W Root Beer</b>	4.41	31	Iced Tea	2.95	29
<b>Diet Rite</b>	3.46	0			