

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

pH and Sugar Content of a Variety of Soft Drinks and Other Popular Beverages

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