



Just Fitter[®]

CREATE A BETTER YOU

“How to Get Great Results from Your pH Test Strip”



FREE VIP Club

Would you like to become a Just Fitter VIP and get access to free product samples, health and fitness products, win free stuff, grab super exclusive discounts ... and get inside access to the hottest new health and fitness releases?

Then click this button and sign up for FREE:

justfitter.com/ph-test-strips



A Letter From the Owner ... And Thank You!

Thank you so much for your purchase! Please read every word of this short PDF, because it will help you get great results from using this product - plus you will learn our exact recommendation for the best way to use your Just Fitter pH Test Strip!

You might wonder ...

Why Just Fitter?

In 2014, inspired by the idea of helping you create the perfect you, Just Fitter began manufacturing health related products such as the pH test strips. This type of test strips was easily recognized by the market. This was because of how accurate and fast it provided results.

Our desire was to make the pH test strips a great one ... and that's why I wrote this guide. In this PDF, you will learn how to best use this product, the benefits you can expect to see and feel ... so that you will LOVE the experience of using it every day!

Connect With Us

We love to connect with fans of Just Fitter. We would love it if you would join our special VIP Club to stay connected:

justfitter.com/ph-test-strips

If I can be of service, do not hesitate to contact me personally. I personally reply to all emails and I love to hear from our customers.

Regards,

Michael Ford
Founder: michael@justfitter.com

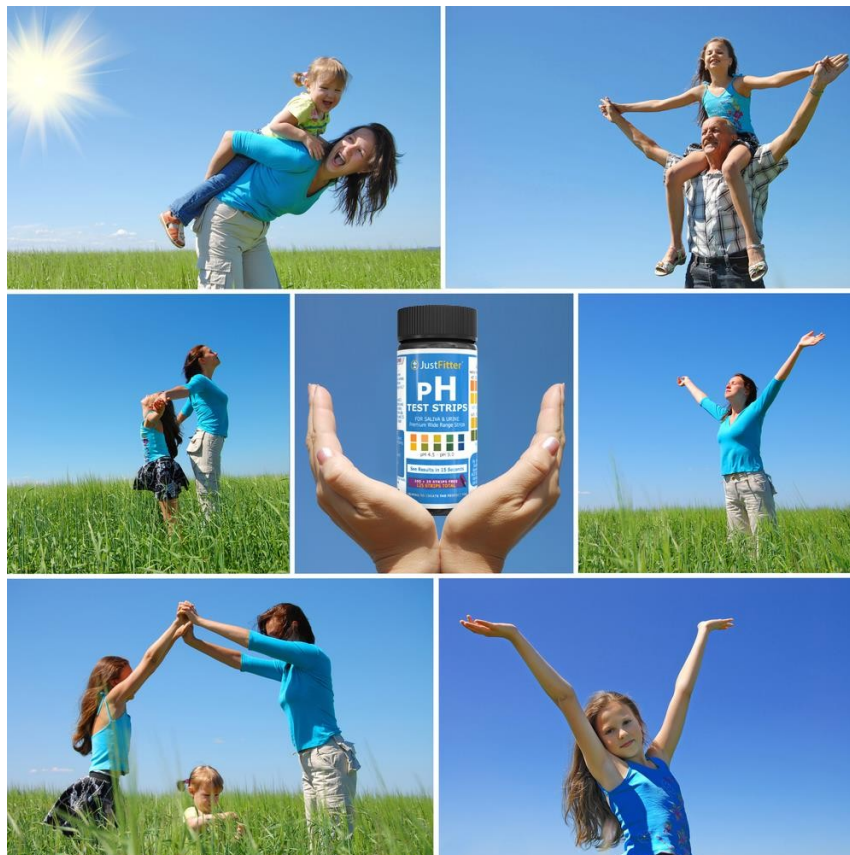
Why You're Going to Love Your Just Fitter pH Test Strip!

You've made a smart choice, and here's why.

The exact meaning of pH is being disputed as either "Power of Hyrdogen" or "Potential Hydrogen", either way, it is written with a small p and a capital H to entail Hyrdogen. pH is the scale used to measure acidity or alkalinity. Just Fitter believes that as part of our commitment to your health and wellness, it is essential to keep track of the body's pH level, and thus we have studied and developed the Just Fitter pH Test Strips. We wanted you to have a reliable pH Test Strip that simply works each and every time... that is durable and is built with premium quality materials to provide ACCURATE results... and that's exactly what it's going to do for you.

In short, you're going to LOVE the quality results when you test your pH level.

In fact, why don't I explain ...



Here Are 4 Great Things That Your Just Fitter pH Test Strips Can Do For You!

1. With our fast changing modern world, it is a challenge to maintain a healthy lifestyle, as factors affecting our health just keeps building up. Clean air itself is being threatened, and is one of the major pollutants of our body. Our body is designed to keep itself healthy, however, because of all the factors, environmental and otherwise, the body strives to keep up and sometimes fails, and this why we need to help our body boost itself to maintain the harmony within.
2. The moment you receive the Just Fitter pH Test Strips, you will notice how easy it is to open the bottle packaging. The test strips fit well in bottle and does not get in your way when you close and store it.
3. When you first test your Saliva or Urine, you will notice how quick the color indicator on the strip changes and how easy it is to match the colors with that of those provided in the packaging.
4. Imagine coming back from the holidays and gaining some holiday weight. Imagine the acid your body may have accumulated. Your body will strive to maintain a healthy pH balance but will need more help. Keeping track of your pH level gives you an idea of the diet you should be in order to be alkaline.

Now that you understand the results you can experience... I bet you'd like to know how to get the best possible results from your Just Fitter pH Test Strips...



How to Get the Best Results When Using Your Just Fitter pH Test Strips!

Here's how to get the best results using your new Just Fitter pH Test Strips...

1. It is advisable to test your body pH at different times of the day, three times a day. However, do not test your pH immediately after waking. Your Saliva and Urine will be more acidic than usual upon waking for the start of a new day.
2. If you opt to test with Urine, we suggest that you start taking a reading on the second time you urinate for the day and keep the test strip in contact with the Urine midstream. A few drops would be enough for an accurate reading. Lay the test strip down for approximately 15 seconds and watch the color indicator of the test strip change. Match the colors to the color chart found in the packaging of the product.
3. To test your Saliva, do not put the pH Test Strip in your mouth. First, fill your mouth with Saliva and swallow, then fill a spoon with Saliva and dip the pH Test Strip for 1 – 2 seconds and lay it down on a table for approximately 15 seconds and watch the color indicator of the test strip change. Match the colors to the color chart found in the packaging of the product. Flat, non-bubbly Saliva would be the best to test with.
4. For testing drinking water and other liquids, simply dip the colored end of the pH strip to the liquid for 1 – 2 seconds and lay it down for approximately 15 seconds

Please remember that when handling the pH Test Strips, make sure to hold or touch only the white portion of the strip, the part of the strip that sticks out the bottle. Touching or holding the colored areas may compromise the accuracy of the results.

You may use this table as a guide with to help manage your pH level:

Consume Freely
(wash first)
Raw is Best!

Alkaline pH

Most foods become more acidic when cooked

10.0

High Alkaline Ionized Water

Raw Spinach	Raw Broccoli	Artichokes
Brussel Sprouts	Red Cabbage	Raw Cellery
Cauliflower	Carrots	Potato Skins
Alfalfa Grass	Cucumbers	Collards
Seaweeds	Asparagus	Lemons & Limes

9.0

Olive Oil	Most Lettuce	Borage Oil
Raw Zucchini	Sweet Potato	Raw Peas
Sprouted Grains	Raw Eggplant	Alfalfa Sprouts
Raw Green Beans	Blueberries	Pears
Mangoes	Papayas	Figs & Dates
Tangerines	Melons	Kiwi
Grapes		

8.0

Apples	Almonds	Avocados
Tomatoes	Fresh Corn	Mushrooms
Turnip	Olives	SOybeans
Bell Peppers	Radish	Rhubarb
Pineapple	Cherries	Millet
Wild Rice	Strawberries	Apricots
Cantaloupe	Honeydew	Peaches
Oranges	Grapefruit	Bananas

Neutral pH

6.7-7.0 is ideal for Urine
7.0-7.5 is ideal for Saliva

7.0

Most Tap Water

6.7-7.0 is ideal for Urine
7.0-7.5 is ideal for Saliva

Butter, fresh, unsalt
Cream, fresh, raw
Milk, raw cow's
Margarine
Oils, except Olive

It takes 20 parts of ALKALINITY to neutralize 1 part of ACIDITY in the body

Acidic pH

Consume in Moderation

6.0

Milk, Yogurt	Fruit Juices	Cooked Spinach
Most Grains	Soy Milk, Goat's Milk	Coconut
Eggs	Fish	Tea
Kidney Beans	Lima Beans	Plums
Processed Juices	Rye Bread	Spelt
Brown Rice	Cocoa	Rice & Almond Mill
Sprouted Wheat Bread	Oats	Liver
Oysters	Cold Water Fish	Salmon, Tuna

5.0

Cooked Beans	Chicken & Turkey	Beer
Sugar	Canned Fruit	White Rice
Potatoes w/o Skins	Pinto Beans	Navy Beans
Garbanzos	Lentils	Black Beans
Butter, Salted	Rice Cakes	Cooked Corn
Wheat Bran	Rhubarb	Molasses

4.0

Reverse Osmosis Water	Distilled & Purified Water	Most Bottled Water & Sports Drinks
Coffee	White Bread	Blackberries
Pistachios	Beef	Sweetened Fruit Juices
Cranberries	Prunes	Tomato Sauce
Wheat	Most Nuts	
Popcorn	Peanuts	

3.0

Lamb	Pork	Wine
Shellfish	Pastries	Cheese
Goat Cheese	Soda	Black Tea
Pasta	Pickles	Stress
Worry	Lack of Sleep	Overwork
Tobacco Smoke	Chocolate	Vinegar
Sweet'N Low	Equal	Aspartame
NutraSweet	Processes Food	Microwaved Foods

2.5

Soda! (off the chart)

*Please Note: Once you have recorded your results, we recommend that you consult a trained healthcare provider.

FAQ's About the Just Fitter pH Test Strips

Q: Where or how should I store the product?

A: Store the pH Test Strips in its bottle at room temperature. Your Just Fitter pH Test Strips are made of imported quality materials which make it very durable and stay "fresh" in the package. This allows the test strips to provide accurate results.

Q: What is the ideal pH level?

A: A good pH level is around 6.75 – 7.5.

Q: What should I do if I do not have a good pH level.

A: There are various things you could do to achieve a good pH level. Although the main solution always boils down to good diet and exercise.

Q: Is it safe to use use this to test the pH levels of my baby?

A: Yes, you may use your Just Fitter pH Test Strip to test the pH levels of your baby. Make sure to follow the instructions above to obtain accurate results.

Q: What if the color of the strip does not match with the color chart in the packaging?

A: At times when the color on the strip does not match the chart, choose the closest shade, or you may also run another test and make sure to carefully follow the instructions provided above.

Q: Why is the pH level of my saliva different from that of my urine even if taken at the same time?

A: By default, saliva may come more acidic than urine, and urine may give a more erratic reading due to the process our body goes through.



* Exclusive Just Fitter Products *

If you liked this product, then I guarantee that you will LOVE our other Just Fitter fitness products! There's a good reason why our average customer ends up using several different Just Fitter products to help them achieve their health and fitness outcomes!

(Hint: It's because of the great design and excellent high quality materials we use in each product :-)

Have you checked out these other amazing products?

Just Fitter Premium Running Belt for Men and Women

>> Click Here to order this product:

<https://www.amazon.com/Premium-Running-Belt/dp/B010AGCAZQ>

Just Fitter Waist Trimmer Belt for Men and Women

>> Click Here to order this product:

<https://www.amazon.com/Waist-Trimmer/dp/B00PRHEQVU>

Just Fitter Ketone Test Strips. Suitable for Diabetics, Low Carb, & Fat Burning Dieters.

>> Click Here to order this product:

<https://www.amazon.com/Ketone-Test-Strips/dp/B01J9LOP4M>

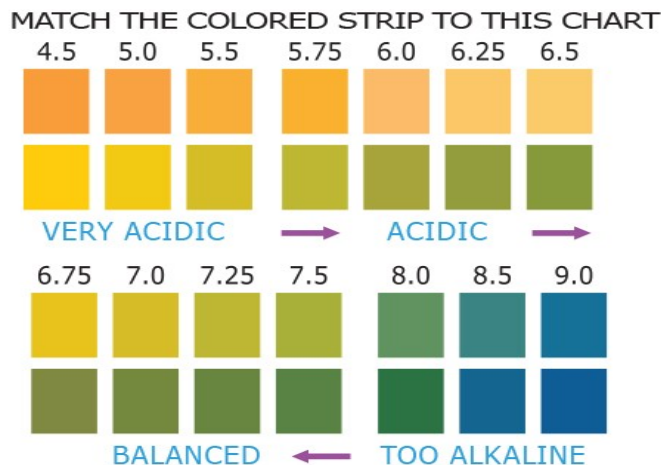
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https://www.amazon.com/JustFitter/b/ref=bl_dp_s_web_10689858011?ie=UTF8&node=10689858011&field-lbr_brands_browse-bin=JustFitter

PH TEST INSTRUCTIONS

There are 3 steps to this process:

Step 1 - Measure Your PH. To accurately measure pH, it is best to test the second morning urine. When you are testing the 2nd morning urine, also do your saliva test. Work some spit up into the mouth and swallow. Fill your mouth with saliva again and spit onto a spoon. Then dip the pH test strip into the fluid. (Do not place the strip into your mouth.) Place some urine in a small container and test your urine. If you miss the second morning urine time you can choose, 2 hrs after breakfast or 2 hrs after lunch. For saliva a range of 7.0 - 7.5 is preferred. For urine a range of 6.7 - 7.0 is preferred.



PLEASE NOTE: It's common your results will not EXACTLY match the color chart. This is quite normal. Just pick the CLOSEST color. You are looking for an AVERAGE over 8 days.

Step 2 – Record your Results. Test for 8 days. If you miss a few times don't be concerned as we are looking for averages. Place your results within the graph on the next page.

Step 3 – Request More Information. If you have any questions feel free to contact us. One of our trained staff can assist you as required. (This is a free service).

