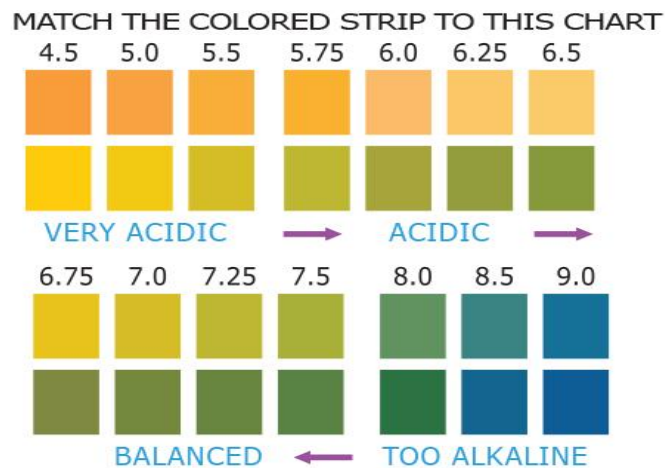# PH TEST INSTRUCTIONS

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 Feedback. If you would like feedback on your results and what they mean, your next steps if necessary etc, send your results to support@justfitter.com. Our resident Doctor/Naturopath, Doctor of Chinese Medicine can assist you as required. (This is a free service).

Just Fitter®

Name_____

Email_____

Cell Phone No. _____

Date_____

Please tick in the box with the appropriate result.

SALIVA PH TEST RESULTS

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7		DAY 8	
7.4																
7.2																
7.0																
6.8																
6.6																
6.4																
6.2																
6.0																
5.8																
5.5																
RESULT	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM

URINE PH TEST RESULTS

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7		DAY 8	
7.4																
7.2																
7.0																
6.8																
6.6																
6.4																
6.2																
6.0																
5.8																
5.5																
RESULT	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM