We are all too acidic.

Acidity is a main contributor to illness.

Our intake in liquids may be the main reason of our acidic condition, as shown below.

Acidity **pH** ph 7.5 base level neutral blood ph 7.34

MUNICIPAL WATER is usually around 7.5 to 8.0 (check for each location)

Acidity	pH	
kind of neutral	7.8	MOUNTAIN VALLEY, still water, non carbonated
kind of neutral	7.2	STILL WATER (non carbonated), Evian France
almost 10-times too acidic	6.7	MILK, by Publics, Fat Free, added vitamin A & D
ore than 10-times too acidic	6.3	VOSS, Norway non carbonated water
lmost 100-times too acidic	6.0	REVERSE OSMOSIS WATER
lmost 100-times too acidic	5.9	GEROLSTEINER, Germany, carbonated water
100-times too acidic	5.6	PERRIER, France carbonated water
100-times too acidic	5.5	COCONUT WATER by Zico
100-times too acidic	5.4	PEPPERMINT TEA, made with water ph 7.0
100-times too acidic	5.4	PELLEGRINO, carbonated water
100-times too acidic	5.3	STARBUCKS, coffee
ore than 100-times too acidic	5.2	COCONUT WATER, by Harmless Harvest
ore than 100-times too acidic	5.1	DASANI Reverse Osmosis Water
ore than 100-times too acidic	5.1	VOSS, Norway carbonated water
most 1,000-times too acidic	5.0	REVERSE OSMOSIS WATER
most 1,000-times too acidic	4.9	COCONUT WATER, by Grace
1,000-times too acidic	4.6	JUST ICE TEA, moroccan mint tea
1,000-times too acidic	4.5	REVERSE OSMOSIS WATER
1,000-times too acidic	4.4	BEERS like Heineken Budweiser Miller Light
e than 1,000-times too acidic	4.3	COCONUT WATER, by Vita Coco
e than 1,000-times too acidic	4.0	LACROIX, tangerine, carbonated water
nost 10,000-times too acidic	3.7	LAKEWOOD, juice pineapple ginger
nost 10,000-times too acidic	3.6	REDWINE, Black Box, Merlot, California
10,000-times too acidic	3.5	WHITEWINE, Woodbridge California
10,000-times too acidic	3.5	ORANGE JUICE
10,000-times too acidic	3.5	MONSTER ENERGY DRINK, USA
e than 10,000-times too acidic	3.2	RED BULL, energy drink
e than 10,000-times too acidic	3.2	APPLE CIDER VINEGAR, by Bragg
e than 10,000-times too acidic	3.1	APPLEJUICE, Martinelli's Apple Juice, USA
e than 10,000-times too acidic	3.1	KAMBOUCHA, Synergy Organic Kamboucha
e than 10,000-times too acidic	3.1	COKE DIET
ost 100,000-times too acidic	2.9	GATORADE, Cool Blue, energy drink
ost 100,000-times too acidic	2.9	PEPSI DIET
ost 100,000-times too acidic	2.8	CANADA DRY, ginger ale
ost 100,000-times too acidic	2.8	5 HOUR ENERGY DRINK, Strawberry
ost 100,000-times too acidic	2.6	POWERADE, Orange 10N4 energy drink
100,000-times too acidic	2.4	COCA COLA / PEPSI COLA
than 100,000 times too acidi	1.9	DRAGON FRUIT, Starbucks, fruit drink

Copyright by
Norbert Heuser
07-2023