Ora Wellness

Helping you navigate to greater oral health
OraWellness.com

Saliva pH Tracker

This simple tracker is designed to help you improve your oral health and can offer powerful feedback to assist you to increase the health of your whole body as well.

Step 1: Tear off 1" of OraWellness pH test strip.
Step 2: Let saliva drip onto a dry sink.
Step 3: Dip test strip into saliva to fully wet strip.
Step 4: Immediately compare color of strip to color chart on pH test kit to get accurate reading.
Step 5: Note the info on pH tracker

Note: While there are many ways to use the pH test tape to provide helpful feedback, we recommend to consistently test your saliva pH first thing in the morning (before drinking anything) in order to give the most consistent feedback on the health of your mouth and body.

date	time	pH	notes

Ideal saliva pH = 6.8 - 7.0
Cavities easily form at pH 5.5 or lower
(Remember, pH in an active cavity could be much lower than saliva pH)