

One + Step[®]

PH

TEST STRIP

FOR SALIVA & URINE

Intended use

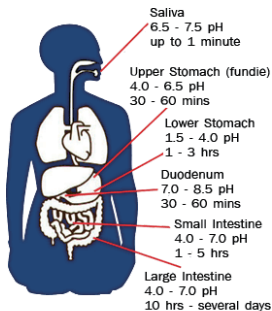
Test strip for detection of pH in Saliva or urine. **This test is not intended to be used for any diagnosis nor detection of disease as it is not an IVD medical device.** The following interpretations are just provided for your reference only.

What is pH?

pH is the abbreviation for potential hydrogen. The pH of any solution is the measure of its hydrogen-ion concentration. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The lower the pH reading, the more acidic and oxygen deprived the fluid is. The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is considered acidic.

Human blood stays in very narrow pH range right around (7.35 – 7.45); being consistently outside this range can lead to chronic disease.

The Human Digestive Tract pH Range Chart



This diagram illustrates the average time food spends in each part of the digestive system along with the average pH.

The pH in the human digestive tract varies greatly. The pH of saliva is usually between 6.5 - 7.5. After we chew and swallow food it then enters the fundic or upper portion of the stomach which has a pH between 4.0 - 6.5. This is where "predigestion" occurs while the lower portion of the stomach is secreting hydrochloric acid (HCl) and pepsin until it reaches a pH between 1.5 - 4.0. After the food mixes with these juices it then enters the duodenum (small intestine) where the pH changes to 7.0 - 8.5. This is where 90% of the absorption of nutrients is taken in by the body while the waste products are passed out through the colon (pH 4.0 - 7.0).

The most common indicator of a health problem with regards to pH is if you are too acidic. Research shows that unless the body's pH level is slightly alkaline, the body cannot heal itself. So, no matter what type of modality you choose to use to take care of your health problem, it won't be as effective until the pH level is up. **If your body's pH is not balanced, you cannot effectively assimilate vitamins, minerals and food supplements. Your body pH affects everything.**

If you are too acidic, consider the help and advice of a health professional.

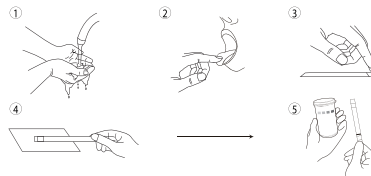
How to test your pH level

To Test Saliva:

First thing in the morning or 2 hours after eating, drinking or brushing teeth. Do not rinse your mouth. Non-bubble saliva works best.

- 1) Wash and dry your hands.
- 2) Remove a test strip from the pouch and immediately re-seal the pouch.
- 3) Collect the saliva on your finger. Do not put the strip in your mouth.
- 4) Place a drop of your saliva on colour pads of the strip.
- 5) Turn the strip on its side and tap once on a piece of absorbent material to remove any excess saliva.
- 6) Wait 5 seconds and compare to the colour chart.

It is recommended that you test yourself a few times throughout the day to get an average reading.



Results

pH below 6.0 - **very acidic**: This is a danger zone; your body is too acidic. Serious changes to diet and lifestyle are recommended.

pH 6.0-6.5 - **Acidic range**: Lifestyle changes are strongly recommended to improve the pH of your body.

pH 6.5-6.75 - **Moderate range**: Lifestyle changes are suggested to improve the pH of your body.

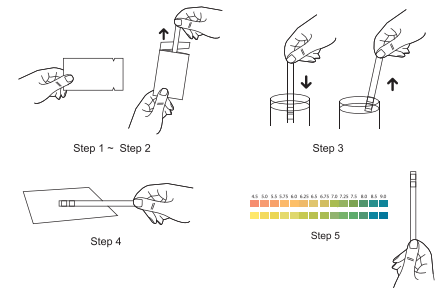
pH 7.0-7.5 - **Optimal range**: Keep up the good work by maintaining an alkalinizing lifestyle.

pH 8.0-9.0 - **too Alkaline**: While not uncommon, this is not healthy.

To Test Urine:

The procedure must be followed exactly to achieve reliable results. Do not compare strips with the colour chart before the strip is dipped into urine.

- 1) Collect urine in a clean, dry container.
- 2) Remove a test strip from the pouch and immediately re-seal the pouch.
- 3) Dip the strip into the urine up to the test area for no more than two seconds.
- 4) Draw the edge of the strip along the brim of the vessel to remove excess urine; at this time, don't allow the test areas to touch the brim of the vessel.
- 5) Turn the strip on its side and tap once on a piece of absorbent material to remove any remaining urine; excessive urine on the strip may cause the interaction of chemicals between adjacent reagent pads, so that an incorrect result may occur.
- 6) Compare the colours of the reagent pads after exactly 5 seconds with the colour chart on the label under good light. While comparing, hold the strip horizontally to prevent possible mixing of chemicals when excessive urine is present.



Results

pH below 6.0 - **very acidic**: This is a danger zone; your body is too acidic. Serious changes to diet and lifestyle are recommended.

pH 6.0-6.5 - **Acidic range**: Lifestyle changes are strongly recommended to improve the pH of your body.

pH 6.5-6.75 - **Moderate range**: Lifestyle changes are suggested to improve the pH of your body.

pH 6.75-7.25 - **Optimal range**: Keep up the good work by maintaining an alkalizing lifestyle.

pH above 7.5 - **too Alkaline**: while not uncommon, this indicates a body that is too alkaline, or may indicate that the kidneys are producing ammonia to buffer acids due to mineral deficiency.

WARNING AND PRECAUTIONS

The pH test strips have a special double colour indicator method for testing narrow pH ranges. This method gives the clearest and most accurate indication. Compare the colour of both pads against the indicator chart on the packaging.

- Not suitable to test water.
- Do not touch the test pads with moist or damp hands.
- Do not put the test strips directly into your mouth; they are for in-vitro use only.
- Use each strip only once, then discard.
- These strips have been designed to give you an indication of the pH levels for urine and saliva. They are not a medical device.

STORAGE AND HANDLING

Store in a cool, dry place at temperatures between 2°C ~ 30°C. Do not store the strips in a refrigerator or freezer. Store away from moisture and light. When stored in the original container, the product is stable up to the expiry date printed on the label and (or) vial pouch, as long as you immediately re-seal the container each time you remove a test strip. Do not remove desiccant from pouch. Do not touch test areas of urine reagent strips. Do not open container until ready to use. Discolouration or darkening of the test pads may indicate deterioration. If this is evident, or if test results are questionable or inconsistent with expected finding, confirm that the product is within its expiration date and is reacting properly using known negative and positive control materials. Do not use after the expiry date.



What if my two colours do not match with the two colours on the colour chart?

The test pad colours correspond to 0.25 and 0.5 increments. If the PH reading is 6.87, then the results of the colour change would be slightly lighter colours than 7. In this case, match to the closest colour possible.

Sometimes, the readings can be influenced by other substances present in urine or saliva, such as medicine, neutral salt, protein, colloid, alkaloid, organic solvent (like alcohol). In this case, it is better to use the reading of the top pad only (the one furthest away from the handle). In these instances, the top pad is more stable at performance than the lower pad.



What can cause fluctuations in the readings?

There can be a difference between your urine and saliva readings as a) your mouth is more likely to contain acidic bacteria throughout the day (if you brush your teeth it will show a very alkaline reading due to the toothpaste) and because your urine is more of a reflection of the processes the body is undertaking to remove acids from the body – both of these are therefore subject to fluctuations.

NOTES ON SYMBOLS



Consult instructions for use



Use By / Expiry Date (YYYY-MM)



Do not reuse



Store at



Keep away from sunlight



Number of test strips



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