



# Health House

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**Health House**  
C/- Zealand Publishing House Limited  
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## Saliva pH test strips

**Directions** (Colour chart on back)

For optimum health and immunity, your saliva pH should be between 6.8 and 7. For best results, wait at least thirty minutes after eating or drinking, before taking this test.

- Step 1.** Swallow the saliva in your mouth and suck in fresh saliva.
- Step 2.** Place the yellow tip of the testing litmus strip in your mouth to soak in saliva for approx 10 to 20 seconds.
- Step 3.** Remove the strip from your mouth and briefly wait for the colour to stabilise.
- Step 4.** Match the colour to the colour chart on the other side of this kit, to determine your pH.



Batch No. 100942

PH50/0

50 Strips

[www.healthhouse.co.nz](http://www.healthhouse.co.nz)



# Saliva pH test strips colour chart

See directions on other side

