

FCI Labs
207 E. Main Street
Malakoff, Texas 75148
dreric@earthlink.net

Your Name:

Date:

Phone:

E-Mail:

Following the instructions below, please test and record pH of urine and saliva twice daily for three days and log your results on this form.

How to test: Morning pH testing should be performed on the **first** urine upon awakening and the saliva reading should be taken **before** placing anything else in your mouth including water, or brushing your teeth. For urine, simply hold a clean test strip in the urine stream and immediately compare the color and record results. For Saliva, "suck" saliva from under your tongue and dip a clean test strip into this fluid. Read and record results immediately. The evening test should be performed just before bedtime and preferably at least two hours after your evening meal.

IT IS VERY IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS EXACTLY TO OBTAIN ACCURATE TEST RESULTS.

Day One:

Morning Urine pH : Evening Urine pH : Morning Saliva pH: Evening Saliva pH:

Day Two:

Morning Urine pH : Evening Urine pH : Morning Saliva pH: Evening Saliva pH:

Day Three

Morning Urine pH : Evening Urine pH : Morning Saliva pH: Evening Saliva pH:

Comments: