

WHY IS MOUTH ACIDITY SO IMPORTANT?

Teeth are protected in alkaline saliva. At a pH of 7.2 the conditions in your mouth encourage strengthening and the repair of teeth.

Mouth acidity can change.

Someone with safe alkaline saliva may find they become acidic because of a stressful situation or something as simple as a sinus infection.

We may all become acidic.

Almost everyone has a more acidic mouth as they age or if they take medications. Testing mouth acidity will tell you if you are at higher risk for dental disease.

What can you do?

When your mouth pH is in the ACID ZONE....

Stop and eat something that will help to bring your mouth pH into the safe zone.

These are just some foods that help:

- Almonds
- Milk
- Bananas
- Bottled Water
(be careful, not all are pH neutral!)

EAT XYLITOL! Easy, Convenient and ALL NATURAL!

Xylitol is extracted from natural fruit and vegetable fibers.

Xylitol is found in strawberries, plums, mushrooms, corn, straw, seed hulls, nutshells and birch wood. Small amounts are even made by your own body when you metabolize glucose.

Xylitol is delicious and is your special weapon in your fight against dental disease.

Pure Xylitol looks and almost tastes like sugar (sucrose) but with 40% fewer calories. When Xylitol dissolves in your mouth, it makes a sweet sugary solution that is alkaline (the opposite of acidic).

Studies show that eating two teaspoons of Xylitol each day (6-10 grams) for 5 weeks will remove harmful germs from plaque on your teeth and in 6 months 95% of these germs will be removed from your whole mouth.

Learn more at
www.zellies.com

EASY pH TESTING INSTRUCTIONS



**ACIDS +
DRY MOUTH
= CAVITIES!**

Protect Your Teeth

Test often and use Zellies to keep your mouth acidity at a neutral pH to help achieve dental health.

pH Testing to check your Mouth Acidity is EASY, SIMPLE & IMPORTANT for Your Dental Health!

LET'S GET STARTED

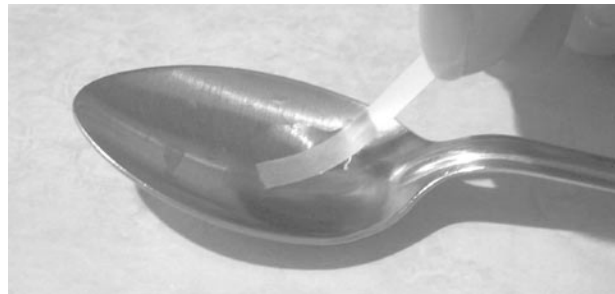
Open the the pH litmus testing paper and remove the roll from it's plastic container, then remove the foil wrapper.

Replace the roll into the plastic container and feed the end through the cutting slot.

IMPORTANT: Do not discard the pH color chart included in the plastic container, you'll need this to read the results of your test.



TEST YOUR "NATURAL SALIVA" pH BEFORE YOU EAT OR DRINK ANYTHING



1. Tear off about 1 inch of litmus paper from the roll.
2. Spit some saliva into a spoon.
3. Dip the litmus paper into the saliva.



4. Hold the litmus paper up to the pH color chart to determine your natural pH.

NOW TEST YOUR "XYLITOL" pH EAT A ZELLIES MINT, ZELLIES CHEWING GUM OR GRANULAR XYLITOL

After eating xylitol, let your saliva bathe your teeth for a minute then follow the same steps above.

If the testing paper is colored blue or purple, it shows you have a safe and alkaline mouth. At this pH level your teeth will be hardening and harmful cavity causing bacteria will be reduced.