

From the ***DROPPING ACID: THE REFLUX DIET COOKBOOK & CURE*** Blog

www.refluxcookbookblog.com Dr. Jamie Koufman & Greg VanHorn

pH (Acidity) of Beverages -- The Best and Worst List (March 29, 2011)

Beverage Type	Brand	Description	pH
Hot Tea	Tazo	Passion Herbal Infusion	2.8
Acai Juice	Sambozoa	Organic Acai Blackberry	3.1
Hot Tea	Tazo	Wild Sweet Orange Crème Herbal Infusion	3.1
Kombucha	GT	Ginger-aide	3.1
Specialty Water	Vitamin Water	Power-C: Dragon Fruit	3.1
Hot Tea	Tazo	Pomegranate Pizazz	3.2
Kombucha	GT	Multi-green	3.2
Kombucha	Carpe Diem	Organic	3.2
Specialty Water	Vitamin Water	Energy: Tropical Citrus	3.2
Specialty Water	Vitamin Water	XXX	3.3
Acai Juice	Bossa Nova	Organic Acai with Blueberry	3.4
Specialty Water	VitaCoCo	Coconut Water Passionfruit	3.4
Aloe Vera Drink	Fremo	Aloe Vera Drink	3.5
Bottled Teas	365	Organic Mango Acai White Tea	3.5
Bottled Teas	Sokenbicha	Defense: Organic Mild Oolong Tea Blend	3.5
Aloe Vera Drink	Fremo	Grape Flavored Aloe Vera Drink	3.5
Specialty Water	Vitamin Water	Revive	3.6
Bottled Teas	Honey Drop	Blood oranges and honey	3.7
Bottled Smoothie	Owalla	MoBeta juice	3.8
Bottled Smoothie	Owalla	Super food juice	3.9
Bottled Teas	Honey Drop	Organic Chamomile, Honey	3.9
Carrot Juice	Ralph & Charlies	Carrot Everyday Beverage	3.9
Kefir	Crossway	Organic Lowfat Kefir	3.9
Specialty Water	Hint	Unsweetened Essence Water	3.9
Bottled Smoothie	Naked	Green Machine	4
Bottled Smoothie	Naked	Orange Carrot smoothie	4.1
Bottled Teas	Honest Tea	Organic Peach Oo-la-long	4.2
Hot Tea	Good Earth	Herb -- Sweet & Spicy	4.5
Specialty Water	Emergen-C	Acai Berry 1000mg Vitamin C	4.5
Bottled Smoothie	Naked	Protein Double Berry Zone	4.6
Hot Tea	Tazo	Calm Herbal Infusion	4.6
Specialty Water	Emergen-C	Ruby Lemon Honey Immune Defense	4.6
Specialty Water	Emergen-C	Super Orange	4.6
Specialty Water	Zico	100% Natural Coconut Water with Passion Fruit	4.6
Bottled Smoothie	Owalla	Original Super Protein	4.8
Hot Tea	Bigelow	Apple Cider Tea	4.8
Bottled Smoothie	Naked	Protein Zone	4.9
Hot Tea	Bigelow	Toffee	5
Specialty Water	Naked	Plain	5
Specialty Water	Naked	100% Natural Coconut Water	5
Hot Tea	Bigelow	Constant Comment	5.2
Specialty Water	VitaCoCo	100% Natural	5.2
Specialty Water	VitaCoCo	100% Natural Coconut Water	5.2
Hot Tea	Traditional Medicinals	Dandelion Root	5.3
Specialty Water	Pedialyte	Unflavored	5.4
Hot Tea	Traditional Medicinals	Herb Tea: Organic Gypsy Cold Care	5.5

Hot Tea	Adagio	Rooibos: Organic Vanilla	5.6
Bottled Smoothie	Odwalla	Vanilla monster protein drink	5.8
Hot Tea	Twinings	China Oolong	5.8
Hot Tea	Traditional Medicinals	Herb Tea: Organic Throat Coat	5.9
Hot Tea	The Republic of Tea	Rooibos	5.9
Hot Tea	Traditional Medicinals	Herb Tea: Organic Breathe Easy	6
Hot Tea	Twinings	Pure Camomile	6.2
Carrot Juice	Odwalla	Carrot juice	6.3
Hot Tea	Traditional Medicinals	Herb Tea: Echinacea Plus	6.4
Bottled Smoothie	Slim-fast	Strawberry N Creme	6.8
Bottled Smoothie	Slim-fast	Low-Carb Vanilla	6.9