

## Table of Beverage Acidity

(pH values are excerpted from research published in the Journal of the Americal Dental Association, 2016. Other research sources may give slightly different pH values but erosiveness categories are similar.)

<b>Sodas</b>	
<b>Extremely Erosive</b>	<b>pH below 3.0</b>
7UP Cherry	2.98
Canada Dry Ginger Ale	2.82
Coco-Cola Caffeine Free	2.34
Coca-Cola Cherry	2.38
Coca-Cola Classic	2.37
Coco-Cola Zero	2.96
Dr. Pepper	2.88
Hawaiian Punch	2.87
Pepsi	2.39
Pepsi Max	2.39
Pepsi Wild Cherry	2.41
Schweppes Tonic Water	2.54
<b>Erosive</b>	<b>pH 3.0-4.0</b>
7UP	3.24
Diet 7UP	3.48
Diet Coke	3.10
Dr. Pepper Cherry	3.06
Dr Pepper Diet	3.20
Mountain Dew	3.22
Mountain Dew Diet	3.18
Diet Pepsi	3.02
Sierra Mist Diet	3.31
Sierra Mist	3.09
Sprite	3.24
Sprite Zero	3.14
<b>Minimally Erosive</b>	<b>pH above 4.0</b>
A&W Root Beer	4.27
A&W Root Beer Diet	4.57
Barq's Root Beer	4.11
Canada Dry Club Soda	5.24
<b>Energy Drinks</b>	
<b>Extremely Erosive</b>	<b>pH below 3.0</b>
5-Hour Energy Extra Strength	2.82
5-Hour Energy Lemon-Lime	2.81
Jolt Power Cola	2.47
Rockstar Energy Drink	2.74
Rockstar Recovery	2.84
<b>Erosive</b>	<b>pH 3.0-4.0</b>
Fuel Energy Shots Lemon-Lime	3.97
Fuel Energy Shots Orange	3.44
Jolt Ultra Sugar Free	3.14
Monster Energy	3.48
Monster Hitman Energy Shot	3.44
Monster Low Carb	3.60
Redbul Regular	3.43
Redbull Shot	3.25
Redbull Sugar Free	3.39
Rockstar Energy Cola	3.14
Rockstar Sugar Free	3.15

## Waters and Sports Drinks

<b>Extremely Erosive</b>	<b>pH below 3.0</b>
Gatorade Frost Riptide Rush	2.98
Gatorade Lemon Lime	2.97
Gatorade Orange	2.99
Powerade Lemon Lime	2.75
Powerade Orange	2.75
Powerade Zero Lemon Lime	2.92
Powerade Zero Orange	2.93
Vitamin Water Connect Black Cherry Lime	2.96

<b>Erosive</b>	<b>pH 3.0-4.0</b>
Dasani Lemon	3.03
Gatorade Fierce Grape	3.05
Gatorade Rain Berry	3.17
Garorade Rain Lime	3.19
Propel Berry	3.01
Propel Lemon	3.03
Skinny Water Acai Grape Blueberry	3.81
Skinny water Goji Fruit Punch	3.67
Sobe Life Water Blackberry Grape	3.15
Sobe Life Water Mango Mellon	3.29
Vitamin Water Energy Tropical Citrus	3.15
Vitamin Water Spark Grape Blueberry	3.19
Vitamin Water Essential Orange	3.23
Vitamin Water Zero GoGo Mixed Berry	3.08
Vitamin Water Zero Rise Orange	3.46
Vitamin Water Zero Squeezed Lemonade	3.19

<b>Minimally Erosive</b>	<b>pH above 4.0</b>
S. Pellegrino Sparkling Natural Mineral Water	4.96
Dasani Regular Bottled Water	5.03
Perrier Carbonated Mineral Water	5.25

<b>Not Erosive</b>	
Aquifina Regular Bottled Water	6.11
Evian Bottled Water	8.10
Nestle Pure Life Bottled Water	6.2-7.6
Poland Spring Bottled Water	6.31
<b>Washington Twp Municipal Water</b>	<b>6.5-7.5</b>

## Teas and Coffee

<b>Extremely Erosive</b>	<b>pH below 3.0</b>
Arizona Iced Tea	2.85
Lipton Green Tea with Citrus	2.93
Nestea Iced Tea with Lemon Flavor	2.94
Snapple Peach Tea	2.94
Snapple Raspberry Tea	2.92

<b>Erosive</b>	<b>pH 3.0-4.0</b>
Arizona Diet Green Tea	3.29
Snapple Diet Raspberry Tea	3.39
Snapple Diet Peach Tea	3.32

<b>Minimally Erosive/Non Erosive</b>	<b>pH above 4.0</b>
Red Diamond Sweet Tea	5.04
Starbucks Medium Roast Coffee	5.11
Home Brewed Black Tea	4.90-6.35
Home Brewed Black Coffee	5.35-5.70

## Fruit Juices

<b>Extremely Erosive</b>	<b>pH below 3.0</b>
Lemon Juice	2.25
Ocean Spray Cranberry	2.56
Ocean Spray Cran-Grape	2.79
Minute Maid Cranberry Grape	2.71
V8 Splash Berry Blend	2.94
V8 Spash Tropical Blend	2.93

<b>Erosive</b>	<b>pH 3.0-4.0</b>
Dole Pineapple Juice	3.40
Juicy Juice Apple	3.64
Juicy Juice Berry	3.78
Minute Maid Apple Juice	3.66
Minute Maid Orange Juice	3.82
Ocean Spray Ruby Red	3.07
Tropicana 100% Apple Juice	3.50
V8 Fusion Cranberry Blackberry	3.56
Welch's 100% Grape Juice	3.38
Welch's Apple Juice	3.57

<b>Minimally Erosive</b>	<b>pH above 4.0</b>
Campbell's Tomato Juice	4.01
Tropicana Orange Juice with Calcium	4.09
V8 Vegetable Juice	4.23
V8 Vegetable Juice Low Sodium	4.17

## Fruit Drinks

<b>Extremely Erosive</b>	<b>pH below 3.0</b>
Country Time Lemonade	2.72
Crystal Light Fruit Punch	2.96
Hi-C Tropical	2.81
Kool-Aid Mix Orange	2.77
Kool-Aid Mix Tropical Punch	2.69
Minute Maid Lemonade	2.57
Minute Maid Fruit Punch	2.86
Simply Lemonade	2.61
Sobe Citrus Energy	2.63
Sunny D Tangy Original	2.86
Tropicana Lemonade	2.70
Welch's Cranberry	2.59
Welch's Grape Juice Cocktail	2.92

<b>Erosive</b>	<b>pH 3.0-4.0</b>
CapriSun Surfer Cooler	3.08
Fuze Orange Mango	3.34
Fuze Tropical Punch	3.17
Kool-Aid Burst (tropical)	3.07
Little Hug Orange	3.00
Sesame Street Elmo's Punch	3.87
Sobe Fuji Apple Cranberry (Low Cal)	3.16
Welch's Orange Pineapple	3.20