

Urine pH Results and Interpretation Summary

1st Morning pH	2nd Morning pH*	Interpretation	Action needed
		5.5-6.0	
		Adequate alkaline reserves to neutralize a mostly acid-producing diet.	Increase intake of vegetables, fruits, and alkaline-producing nuts, seeds, and grains. Reduce protein intake. Add Trace Minerals Plus+™ and Juice Plus+® Trio.
		Over 6.0	Perform 2-Day Challenge
		Possible depletion of alkaline reserves.	

*Only necessary if the 1st morning pH is over 6.0

1st Morning pH after 2-Day Challenge	Interpretation	Action needed
	5.5	
	Adequate alkaline reserves ... for now. Feels good generally, occasional aches/pains, may act like "Type A" personality, somewhat restless.	Increase intake of vegetables, fruits, and alkaline-producing nuts, seeds, and grains. Add Trace Minerals Plus+™ and Juice Plus+® Trio.
	5.8-6.0	
	Inadequate alkaline reserves. Mild symptoms, such as morning stiffness, occasional/intermittent aches & pains, fatigue and/or illness.	Reduce protein intake immediately. Increase intake of alkaline-producing foods above. Reduce acid-producing habits (processed foods, coffee, tea, alcohol, etc.). Add Trace Minerals Plus+™ and Juice Plus+® Trio.
	6.2-6.8	
	Active depletion of alkaline reserves. Symptoms likely, including morning stiffness, intermittent aches & pains, may tire easily, short-tempered, may feel or appear "sickly."	Reduce protein intake. Try increasing alkaline-producing foods and decreasing acid producing habits as above. If detox symptoms occur (headache, fever, vomiting), switch to Transition Diet. Add Trace Minerals Plus+™ and Juice Plus+® Trio at half the recommended amounts for 2 weeks.
	7.0-8.0	
	Depleted alkaline reserves. Possible ammonia urine odor or even burning. Symptoms may include stiff joints, sore muscles, fatigue, headaches, restlessness, trouble sleeping. Looming health crisis.	Stop ALL Vigorous exercise. Walk leisurely until urine pH is under control. Begin "Transition Diet" immediately. Take it <i>SLOWLY</i> . Add Trace Minerals Plus+™ and Juice Plus+® Trio at no more than half the recommended amounts for one month.