

Saliva Challenge

Download a saliva challenge graph to record your results. [\[DOWNLOAD\]](#)

- Wait 1 to 2 hours after eating or drinking anything to do this test.
- Mix 1 tablespoon of lemon juice and 1 tablespoon of water in a small cup.
- Cut 7 strips of pH paper, each about an inch and a half long.
- Pool some saliva toward the front of your mouth.
- Dip a pH strip into your saliva, then remove it and compare to the color chart immediately. Plot this number as “baseline” on the graph.
- Swish the lemon-water in your mouth for 2 seconds, then swallow it. Swallow 4 more times, as quickly as possible.
- Pool your saliva again and test it with a new pH strip. Log this reading as “lemon.”
- Continue to test pH every 60 seconds until you have used all 7 strips. Plot the results of each test on the graph.

