

FIRST MORNING URINE pH

Your first morning urine pH gives a good indicator of your body's mineral reserve and its acid/alkaline state. The body routinely uses overnight rest time to excrete excess acids. This capacity varies based on toxin load and individual ability to make energy, to make toxins inactive, and to excrete them.

How does one monitor the pH?

This pH test kit includes 15 individual pH test strips and a color chart for use in interpreting the change in color of the strip.

To test your pH, follow these simple steps:

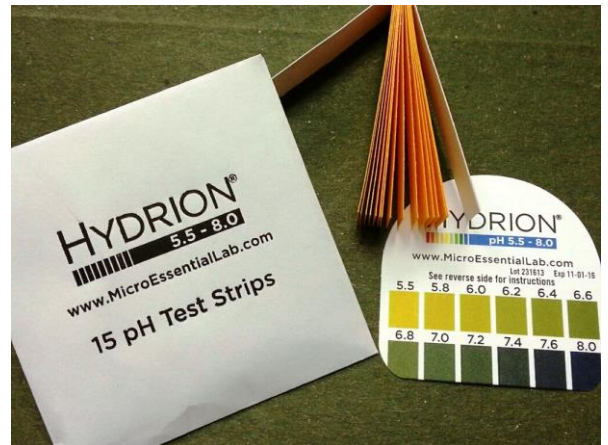
First thing in the morning, just before your first urination, remove a test strip from the small envelope in this kit.

Wet the test tape with urine. For best results, a 6-hour to 8-hour period of rest prior to pH testing is needed.

As the tape is moistened with urine it will change color. The color relates to the urine's acid or alkaline state and ranges from yellow to dark blue.

Match the color of your test strip with the color chart included inside the small envelope.

Record your urine pH daily or periodically based on your needs as recommended by your physician.



First AM Urine pH Tracking

| Date | Time | pH Reading | How do you feel? |
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How do I know if I am acidic or alkaline?

Any number below 7.0 means that your urine is on the acid side. The lower the number, the more acid the urine. Ideally, your first morning urine pH should be 6.5 - 7.5. When your first morning urine is neutral or just slightly acidic, this indicates that your overall cellular pH is appropriately alkaline. The cells of your body function best in an alkaline state.

What if my urine pH is below 6.5?

If your readings fall below 6.5, then you should begin changes aimed at alkalinizing your diet. In the beginning, because of the acid-forming tendency of the standard American diet, you may well have low pH readings. Occasionally, you may find a 7.5 to 8.0 reading; this is acceptable. If your pH readings are consistently greater than 7.5, this occurrence represents a “false alkalinity” and indicates a catabolic state involving tissue breakdown.

Using 2 capsules **PERQUE Magnesium Plus Guard** with 1 teaspoon of **PERQUE Choline Citrate** between 1-3 times a day can help in increasing the body’s mineral reserves and can alkalinize the body further.

Visit www.PERQUE.com for more information about **PERQUE** products and other helpful self-tests.