



# Drinks That Eat Your Teeth

<i><b>pH of Water and Sports Drinks</b></i>	Acid levels (+ or – 10%) Low = BAD 7.0 = neutral Over 7.0= Good
<b>**Extremely Erosive**</b>	
Activ Water Focus Dragon fruit	2.82
Activ Water Vigor Triple Berry	2.67
Gatorade Frost Riptide Rush	2.99
Gatorade Lemon-Lime	2.97
Gatorade Orange	2.99
Powerade Fruit Punch	2.77
Powerade Grape	2.77
Powerade Lemon Lime	2.75
Powerade Mountain Berry Blast	2.82
Powerade Orange	2.75
Powerade Sour Melon	2.73
Powerade Strawberry Lemonade	2.78
Powerade White Cherry	2.81
Powerade Zero Grape	2.97
Powerade Zero Lemon Lime	2.92
Powerade Zero Mixed Berry	2.93
Powerade Zero Orange	2.93
<b>**Erosive**</b>	
Activ Water Power Strawberry Kiwi	3.38
Clear American (Flavored water) Kiwi Strawberry	3.70
Clear American Pomegranate Blueberry Acai	3.24
Clear American (Flavored water) Tropical Fruit	3.07
Clear American (Flavored water) White Grape	3.43
Dasani Grape	3.05
Dasani Lemon	3.03
Dasani Strawberry	3.03
Gatorade Blueberry Pomegranate Low Calorie	3.21
Gatorade Fierce Grape	3.05
Gatorade Fierce Melon	3.05
Gatorade Fruit Punch	3.01
Gatorade Rain Berry	3.17
Gatorade Rain Lime	3.19



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Gatorade Rain Strawberry Kiwi	3.17
Propel Berry	3.01
Propel Grape	3.10
Propel Kiwi Strawberry	3.17
Propel Lemon	3.03
S. Pellegrino Sparkling Natural Mineral Water	4.96
Skinny Water Acai Grape Blueberry	3.81
Skinny Water Goji Fruit Punch	3.67
Skinny Water Raspberry Pomegranate	3.68
Sobe Life Water Acai Fruit Punch	3.22
Sobe Life Water Blackberry Grape	3.15
Sobe Life Water Cherimoya Punch	3.28
Sobe Life Water Fuji Apple Pear	3.53
Sobe Life Water Mango Melon	3.29
Sobe Life Water Strawberry Dragonfruit	3.32
Vidration Vitamin Enhanced Water Defense Pomegranate-Acai-Blueberry	2.92
Vidration Vitamin Enhanced Water Energy Tropical Citrus	2.91
Vidration Vitamin Enhanced Water Multi-V Lemon Lime	3.5
Vidration Vitamin Enhanced Water Recover Fruit Punch	3.61
Vitamin Water Connect Black Cherry-Lime	2.96
Vitamin Water Dwnld Berry-Cherry	3.04
Vitamin Water Energy Tropical Citrus	3.15
Vitamin Water Essential Orange-Orange	3.23
Vitamin water Focus Kiwi-Strawberry	3.04
Vitamin Water Multi-V Lemonade	3.19
Vitamin Water Power C Dragonfruit	3.05
Vitamin Water Revive Fruit Punch	3.65
Vitamin Water Spark Grape-Blueberry	3.19
Vitamin Water XXX Acai-Blueberry Pomegranate	2.98
Vitamin Water Zero Go-Go Mixed Berry	3.08
Vitamin Water Zero Mega C Grape Rasperry	3.05
Vitamin Water Zero Recoup Peach-Mandarin	3.01
Vitamin Water Zero Rise Orange	3.46
Vitamin Water Squeezed Lemonade	3.19
Vitamin Water Zero XXX Acai Blueberry Pomegranate	3.05





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<i><b>pH of Fruit Juices and Fruit Drinks</b></i>	Acid levels (+ or – 10%) Low = BAD 7.0 = neutral Over 7.0= Good
<b>**Fruit Juices**</b>	
<b>**Extremely Erosive**</b>	
Lemon juice	2.25
Minute Maid Cranberry Apple Raspberry	2.79
Minute Maid Cranberry Grape	2.71
Ocean Spray Cranberry	2.56
Ocean Spray Cran-Grape	2.79
Ocean Spray Cran-Pomegranate	2.72
Ocean Spray Strawberry Kiwi Juice Cocktail	2.90
V8 Splash Berry Blend	2.94
V8 Splash Strawberry Kiwi	2.99
V8 Splash Tropical Blend	2.93
<b>**Erosive**</b>	
Amp Energy Juice Mixed Berry	3.62
Amp Energy Juice Orange	3.60
Barber's Orange Juice	3.81
Dole Pineapple Juice	3.40
Juicy Juice Apple	3.64
Juicy Juice Berry	3.78
Juicy Juice Sparkling Apple	3.47
Juicy Juice Sparkling Berry	3.50
Juicy Juice Sparkling Orange	3.49
Minute Maid Apple Juice	3.66
Minute Maid Natural Energy Mango Tropical	3.34
Minute Maid Natural Energy Pomegranate Berry	3.33
Minute Maid Natural Energy Strawberry Kiwi	3.40
Minute Maid Orange Juice	3.82
Minute Maid Pineapple Orange	3.71
Minute Maid Ruby Red Grapefruit Juice	3.07
Naked Blue Machine	3.81
Naked Orange Mango	3.75
Ocean Spray Orange Juice	3.83
Ocean Spray Pineapple Peach Mango Juice Blend	3.64
Ocean Spray Ruby Red	3.07
Simply Apple	3.67
Simply Orange Orange Juice	3.78
Tango Energy Juice	3.47
Tropicana 100% Juice Apple Juice	3.50
Tropicana 100% Juice Orange Juice	3.80



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<i><b>pH of Fruit Juices and Fruit Drinks</b></i>	Acid levels (+ or – 10%) Low = BAD 7.0 = neutral Over 7.0= Good
Tropicana Apple Orchard Style Juice	3.57
Tropicana Grape Juice	3.29
V8 Fusion Cranberry Blackberry	3.56
V8 Fusion Pomegranate Blueberry	3.66
V8 Fusion Strawberry Banana	3.66
Very Fine Grapefruit Juice	3.22
Welch's 100% Grape Juice`	3.38
Welch's Apple Juice	3.57
Welch's Orange Juice	3.73
<b>**Minimally Erosive**</b>	
Campbell's Tomato Juice	4.01
Naked Protein Zone	4.69
Tropicana Orange Juice (With Calcium)	4.09
V8 Vegetable Juice	4.23
V8 Vegetable Juice Low Sodium	4.17
V8 Vegetable Juice Spicy Hot	4.19
<b>**Fruit Drinks**</b>	
<b>**Extremely Erosive**</b>	
Barber's Lemonade	2.69
Barber's Orange Drink	2.96
Bug Juice Berry Raspberry	2.99
Bug Juice Grapey Grape	2.83
Country Time Lemonade	2.72
Crystal Light Fruit Punch	2.96
Crystal Light Raspberry Ice	2.77
Hi-C Tropical	2.81
Kool-Aid Mix Cherry	2.71
Kool-Aid Mix Grape	2.83
Kool-Aid Mix Lemon-Lime	2.73
Kool-Aid Mix Orange	2.77
Kool-Aid Mix Pink Lemonade	2.66
Kool-Aid Mix Tropical Punch	2.69
Minute Maid Fruit Punch	2.86
Minute Maid Lemonade	2.57
Minute Maid Orangeade	2.85
Minute Maid Pink Lemonade	2.59
Simply Lemonade	2.61
Snapple Kiwi Strawberry	2.77
Snapple Mango Madness	2.89
Sobe Black and Blueberry Brew	2.69



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<i><b>pH of Fruit Juices and Fruit Drinks</b></i>	<b>Acid levels (+ or – 10%)</b> Low = BAD 7.0 = neutral Over 7.0= Good
Sobe Citrus Energy	2.63
Sobe Power Fruit Punch	2.43
Sobe Strawberry Banana	2.62
Sun Fresh Lemonade	2.68
Sunny D Smooth	2.92
Sunny D Tangy Original	2.86
Tropicana Cranberry Cocktail	2.70
Tropicana Juice Beverage Cranberry	2.59
Tropicana Juice Beverage Grape	2.58
Tropicana Lemonade	2.70
Tropicana Twister Blue Raspberry Rush	2.62
Tropicana Twister Cherry Berry Blast	2.63
Tropicana Twister Orange Strawberry Banana Burst	2.89
Tropicana Twister Strawberry Kiwi Cyclone	2.59
Welch's Blueberry Kiwi Blast	2.57
Welch's Cranberry	2.59
Welch's Grape Juice Cocktail	2.92
Welch's Ruby Red Grapefruit Juice	2.97
<b>**Erosive**</b>	
Barber's Fruit Punch	2.96
Bug Juice Fruity Punch	3.09
Bug Juice Leapin Lemonade	3.06
Bug Juice Whistlin Watermelon	3.40
CapriSun Surfer cooler	3.08
Crystal Light Green Tea Respberry Mix	3.11
Fuze Banana Colada	3.45
Fuze Blueberry Raspberry	3.20
Fuze Green Tea Honey and Ginseng	3.28
Fuze Orange Mango	3.34
Fuze Peach Mango	3.53
Fuze Strawberry Banana	3.54
Fuze Strawberry Guava	3.55
Fuze Strawberry Melon	3.18
Fuze Tropical Punch	3.17
Jumex Guava	3.38
Jumex Mango	3.41
Jumex Peach	3.33
Jumex Strawberry Banana	3.68
Kool-Aid Burst (Tropical)	3.07
Little Hug Grape	3.09



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<i><b>pH of Fruit Juices and Fruit Drinks.*</b></i>	Acid levels (+ or – 10%) Low = BAD 7.0 = neutral Over 7.0= Good
Little Hug Orange	3.00
Mondo (Legendary Berry)	3.07
Mondo (Primo Punch)	3.10
Sesame Street Elmo’s Punch	3.87
Sobe Fuji Apple Cranberry (low calorie)	3.16
Sobe Orange Carrot	3.34
Sobe Pina Colada	3.25
TumE Yummies Fruitabulous Punch	3.35
TumE Yummies Orangepiflc	3.34
TumE Yummies Soursational Raspberry	3.18
TumE Yummies Very Berry Blue	3.33
Vitamin Stix Dragonfruit Acai	3.11
Vitamin Stix Passionfruit Citrus	3.19
Vitamin Stix Strawberry Kiwi	3.06
Welch’s Orange Pineapple	3.20
Welch’s Strawberry Kiwi	3.03



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pH of Sodas.*	Acid levels (+ or – 10%) Low = BAD 7.0 = neutral Over 7.0= Good
<b>**Extremely Erosive**</b>	
7up Cherry	2.98
Boylan's Black Cherry	2.76
Boylan's Grape	2.91
Boylan's Sugar Cane Cola	2.54
Canada Dry Ginger Ale	2.82
Coca-Cola Caffeine Free	2.34
Coca-Cola Cherry	2.38
Coca-Cola Cherry Zero	2.93
Coca-Cola Classic	2.37
Coca-Cola Lime Diet	2.96
Coca-Cola Zero	2.96
Crush Grape	2.76
Crush Orange	2.87
Dr. Pepper	2.88
Fanta Grape (2Liter)	2.67
Fanta Orange	2.82
Fanta Pineapple	2.79
Fanta Strawberry	2.84
Grapico	2.77
Hansen's Cane Soda Cherry Vanilla Crème	2.91
Hansen's Cane Soda Kiwi Strawberry	2.59
Hansen's Cane Soda Mandarin Lime	2.57
Hansen's Cane Soda Pomegranate	2.55
Hawaiian Punch (Fruit Juicy Red)	2.87
Jolly Rancher Grape	2.60
Jolly Rancher Orange	2.88
Jones Blue Bubblegum	2.99
Jones Green Apple Soda	2.65
Jones Mandarin Orange	2.93
Jones M. F. Grape	2.89
Jones Orange & Cream Soda	2.79
Jones Strawberry Lime	2.81
Mr.Pibb Xtra	2.80
Natural Brew Draft Root Beer	2.90
Pepsi	2.93
Pepsi Max	2.74
Pepsi Max Ceasefire	2.70





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<b>pH of Sodas.*</b>	<b>Acid levels (+ or – 10%)</b> Low = BAD 7.0 = neutral Over 7.0= Good
Pepsi Wild Cherry	2.41
RC Cola	2.32
Schweppes Tonic Water	2.54
Sunkist Orange	2.98
Sunkist Peach	2.89
Sunkist Strawberry	2.99
Tab	2.72
Vault	2.77
Vault Red Blitz	2.80
Vault X	2.89
<b>**Erosive**</b>	
7UP	3.24
7UP Diet	3.48
A&W Cream Soda	3.86
Ale 8-One	3.13
Boylan's Orange Cream	3.59
Boylan's Orange Soda	3.22
Boylan's Original Birch Beer	3.80
Buffalo Rock Ginger Ale	3.23
Coca-Cola Caffeine Free Diet	3.04
Coca-Cola Diet	3.10
Dr. Pepper Cherry	3.06
Dr. Pepper Diet	3.20
Dr. Pepper Diet Cherry	3.32
Fresca (1 liter)	3.08
Grapico Diet	3.04
Hansen's Cane Soda Black Cherry Diet	3.47
Hansen's Cane Soda Creamy Root Beer Diet	3.73
Izze Sparkling Black Berry	3.28
Izze Sparkling Clementine	3.27
Izze Sparkling Pomegranate	3.01
Jones Cream Soda	3.04
Jones Red Apple	3.40
Jones Root Beer	3.42
Mellow Yellow	3.03
Mountain Dew (regular)	3.22
Mountain Dew Code Red	3.27
Mountain Dew Diet	3.18
Mountain Dew Voltage	3.05
Mug Root Beer	3.88
Pepsi Diet	3.02



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pH of Sodas.*	Acid levels (+ or – 10%) Low = BAD 7.0 = neutral Over 7.0= Good
Sierra Mist	3.09
Sierra Mist Diet	3.31
Sprite	3.24
Sprite Zero	3.14
Sunkist Diet	3.49
Sunkist Solar Fusion Tropical Mandarin	3.02
Welch’s Grape Soda	3.11
**Minimally Erosive**	
A & W Root Beer	4.27
A & W Root Beer Diet	4.57
Barq’s Root Beer	4.11
Boylan’s Crème Soda	4.17
Boylan’s Diet Black Cherry	4.00
Boylan’s Diet Root Beer	4.05
Boylan’s Root Beer	4.01
Canada Dry Club Soda	5.24
IBC Root Beer	4.10
Maine Root Root Beer	4.36



# Drinks That Eat Your Teeth

pH of Energy Drinks and Teas and Coffee**	Acid levels (+ or – 10%) Low = BAD 7.0 = neutral Over 7.0= Good
<b>**Energy Drinks**</b>	
<b>**Extremely Erosive**</b>	
24:7 Energy Cherry Berry	2.61
180 Blue Orange Citrus Blast	2.82
180 Blue With Acai	2.82
5-Hour Energy Berry	2.81
5-Hour Energy Extra Strength	2.82
5-Hour Energy Lemon-Lime	2.81
Amp Energy Elevate	2.79
Amp Energy Overdrive	2.78
Amp Energy Regular	2.81
Amp Energy Sugar Free	2.86
Jolt Blue Bolt	2.96
Jolt Passion Fruit	2.82
Jolt Power Cola	2.47
Meltdown Energy Peach Mango	2.77
No Fear Regular	2.97
Orange County Choppers	2.78
Purple Stuff Lean	2.87
Redline Peach Mango	2.74
Redline Princess Exotic Fruit	2.85
Redline Triple Berry	2.77
Rockstar Energy Drink	2.74
Rockstar Punched (Energy + Punch)	2.83
Rockstar Recovery	2.84
<b>**Erosive**</b>	
Crunk Citrus	3.20
Crunk Energy Drink	3.31
Crunk Grape Acai Energy Drink	3.30
Crunk Low Carb Sugar Free	3.34
Drank	3.09
Fuel Energy Shots Lemon Lime	3.97
Fuel Energy Shots Orange	3.44
Full Throttle Blue Agave	3.10
Full Throttle Citrus	3.09
Full Throttle Red Berry	3.08
Hydrive Blue Raspberry	3.45
Hydrive Citrus Burst	3.03
Hydrive Lemon Lime	3.42
Hydrive Triple Berry	3.15
Jolt Ultra Sugar Free	3.14



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pH of Energy Drinks and Teas and Coffee**	Acid levels (+ or – 10%) Low = BAD 7.0 = neutral Over 7.0= Good
Killer Buzz	3.23
Killer Buzz Sugar Free	3.36
Monster Assault	3.58
Monster Energy	3.48
Monster Hitman Energy Shot	3.44
Monster Khaos	3.47
Monster Low Carb	3.60
Monster M-80	3.29
Monster MIXXD	3.35
Nitrous Monster Ani-Gravity	3.64
Nitrous Monster Killer B	3.31
Nitrous Monster Super Dry	3.46
No Fear Sugar Free	3.06
NOS Fruit Punch	3.32
NOS Grape	3.27
NOS High Performance Energy Drink	3.31
NOS Power Shot	3.03
Redbull Regular	3.43
Redbull Shot	3.25
Redbull Sugar Free	3.39
Redbull Sugar Free Shot	3.28
Redline Xtreme Grape	3.23
Redline Xtreme Triple Berry	3.24
Redline Xtreme Watermelon	3.41
Rhinos Energy Drink	3.51
Rhinos Sugar Free Energy Drink	3.32
Rockstar Energy Cola	3.14
Rockstar Juiced Energy + Guava	3.16
Rockstar Juiced Energy + Juice Mango Orange Passion	3.05
Rockstar Sugar Free	3.15
**Teas and Coffee**	
**Extremely Erosive**	
Admiral Iced Tea Raspberry	2.94
Arizona Iced Tea	2.85
Lipton Green Tea With Citrus	2.93
Lipton Green Tea With Citrus Diet	2.92
Nestea Iced Tea With Natural Lemon Flavor	2.94
Nestea Red Tea Pomegranate and Passion Fruit	2.87
Snapple Peach Tea	2.94



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<b>**Erosive**</b>	
Admiral Iced Tea Green Tea	3.72
Admiral Iced Tea Mango	3.41
Admiral Iced Tea Sweet Tea	3.76
Arizona Diet Green Tea + Ginseng	3.29
Snapple Diet Raspberry Tea	3.39
Snapple Diet Peach Tea	3.32
<b>**Minimally Erosive**</b>	
Milo's Famous Sweet Tea	4.66
Milo's No Calorie Famous Sweet Tea	5.18
Red Diamond Tea Fresh Brewed Sweet Tea	5.04
Starbucks Medium Roast	5.11



## Drinks That Eat Your Teeth

**Everything** you eat and drink affects the health of your body and your mouth, but some of the most concentrated and destructive combinations of acid and sugar are found in the beverages that many of us consume every day. Pathogenic oral bacteria thrive in a sugary, acidic environment. Enamel erosion and decay are most often caused by an excess of these two dietary elements. However, even without the presence of pathogenic oral bacteria, acid alone can erode tooth enamel and eventually destroy your teeth.

**Enamel** erosion begins at a pH level 5.5 or lower. Acidic foods and beverages will certainly change the pH of your mouth for varying amounts of time, but the most destructive source of acid in the mouth comes from the bacteria itself. When oral bacteria feeds on sugar and other simple carbohydrates, they release acid as a byproduct. As long as the bacteria are continuously provided with the simple sugars they need, the pH of your mouth will continue to become more acidic. Even a neutral or alkaline beverage will eventually contribute to the erosion of your teeth if that beverage contains simple carbohydrates or added sugars.

**That best daily beverage** you can drink for the health of your body is plain, unflavored water. When you choose to drink something else, however, please consider the effects that beverage may be having on your teeth. This chart contains many of the most common soft drinks, energy drinks, juices, and sports beverage on the market. If a drink you consume regularly is not on this list, we encourage you check the ingredients for added sugars and sources of acid, or even to test the pH for yourself.