

Product Name	Beverage Type	pH < 5.9 can damage teeth	Sugar (tsp) per 12oz	Carbs per 12oz
● Coca-Cola Classic	Soda	2.4	9.8	39
● Pepsi	Soda	2.5	10.3	41
● Tonic Water	Soda	2.5	8.0	33
● Powerade	Sports Drink	2.7	5.3	21
● Sunkist Orange	Soda	2.73	10.8	44
● Amp Energy	Energy Drink	2.8	11.0	44
● Gatorade	Sports Drink	2.9	5.3	22
● Dr Pepper	Soda	2.9	9.5	40
● Wine	Alcoholic	3 to 4	0.0	5.8
● Diet Pepsi	Soda	3	0.0	0
● Diet Coke	Soda	3.1	0.0	0
● Snapple Lemon Tea	Soda	3.2	6.8	28
● Mountain Dew	Soda	3.3	7.3	29
● Sprite	Soda	3.3	9.5	38
● Red Bull	Energy Drink	3.3	9.5	40
● Sparkling Water (flavored)	Water Drink	3.34	0.5	3
● Apple Juice	Juice	3.4	9.4	40.5
● Propel Fitness Water	Sports Drink	3.4	0.0	0
● Orange Juice	Juice	3.8	8.3	39
● Beer	Alcoholic	4.23	0.0	5.8
● Coffee	Coffee & Tea	5.5	0.0	0
● Milk (1%)	Milk	6.7	4.8	19
● Water	Water	7.0 (neutral)	0.0	0
● Tea	Coffee & Tea	7.2	0.0	0.4

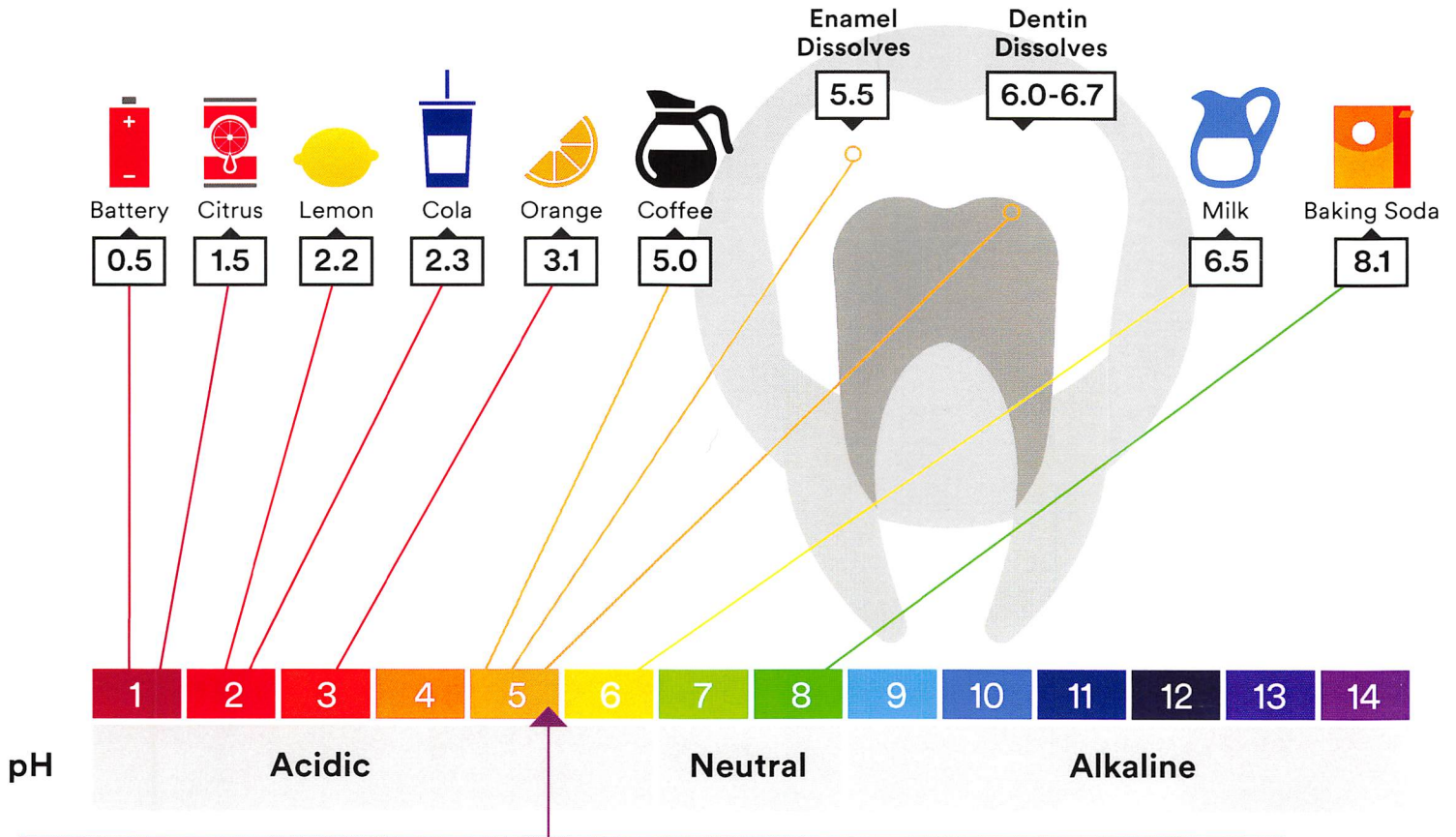


Demineralization occurs when foods/beverages are acidic. Dentin demineralization occurs at a pH level of 6.0-6.7 and Enamel demineralization occurs at a pH level of 5.5. Anything with a pH below these levels is potentially damaging to the teeth.

**pH data:**

- <http://drinksdestroyteeth.org/the-unsweetened-truth>
  - <http://www.kidsdentistdrwinn.com/clientuploads/PDFs/Acidity%20Sheet%20Sheet1.pdf>
  - [http://www.huffingtonpost.com/self/tragic-news-for-people-wh\\_b\\_9170682.html](http://www.huffingtonpost.com/self/tragic-news-for-people-wh_b_9170682.html)
  - <http://www.sipallday.org/userfiles/ckfiles/files/Sugar-Acid-Chart-11-07.pdf>
  - <http://www.sciencedirect.com/science/article/pii/S0308814616311591>
- Hoppenbrouwers, P., Driessens, F., Borggreven, J.: The Mineral solubility of Human Tooth Roots. Arch. Oral Biol., 32, 319, No.5, 1987.

The answers may surprise you. Here's a quick snapshot comparing the most common beverages according to their pH levels and potential to damage teeth. Fortunately, 3M can help you protect patients from the dietary acid in their favorite beverages with a full line of preventive products.



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