

Saliva Test

Saliva pH Test

- In order for the body to be able to absorb the nutrients from our food, the average pH of our saliva must be within a certain range. The acid/alkaline balance within the body is the most important aspect of health. The Saliva pH is linked with digestive function and shows the pH of interstitial fluids.

pH below 6.0 Very acidic

The buffering systems are stressed. It means that excess acids are being produced and the kidneys are overloaded.

pH 6.5-6.75 Moderate

You can adjust the pH by eating more alkaline-forming foods, less acid-forming foods.

pH 8.0-9.0 Too Alkaline

Not common status

pH 6.0-6.5 Acidic

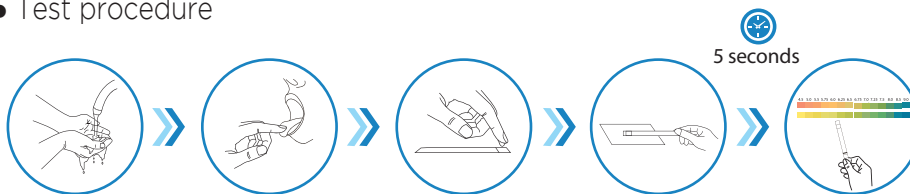
Consider dietary and lifestyle changes to improve the pH of your body.

pH 7.0-7.5 Optimal

Excellent! You can keep up the work by maintaining an alkalizing lifestyle.



- Test procedure



Saliva Nitric Oxide Test

- Nitric Oxide is an important cellular signaling molecule involved in many physiological and pathological processes. Monitoring nitric oxide status by saliva testing detects the bioconversion of plant-derived nitrate into nitric oxide. So, a rise in salivary levels is indicative of diets rich in leafy vegetables which are often abundant in anti-hypertensive diets.

Increasing nitric oxide level can have an impact on

- Supporting healthy blood pressure levels
- Increasing circulation throughout the body
- Promoting cardiovascular and heart health
- Dilating arteries for healthy blood flow
- Checking the best body condition for diet



- Test procedure

