

Table of Beverage Acidity

(pH values are excerpted from research published in the Journal of the American Dental Association, 2016. Other research sources may give slightly different pH values but erosiveness categories are similar.)

Sodas	
Extremely Erosive	pH below 3.0
7UP Cherry	2.98
Canada Dry Ginger Ale	2.82
Coco-Cola Caffeine Free	2.34
Coca-Cola Cherry	2.38
Coca-Cola Classic	2.37
Coco-Cola Zero	2.96
Dr. Pepper	2.88
Hawaiian Punch	2.87
Pepsi	2.39
Pepsi Max	2.39
Pepsi Wild Cherry	2.41
Schweppes Tonic Water	2.54
Erosive	pH 3.0-4.0
7UP	3.24
Diet 7UP	3.48
Diet Coke	3.10
Dr. Pepper Cherry	3.06
Dr Pepper Diet	3.20
Mountain Dew	3.22
Mountain Dew Diet	3.18
Diet Pepsi	3.02
Sierra Mist Diet	3.31
Sierra Mist	3.09
Sprite	3.24
Sprite Zero	3.14
Minimally Erosive	pH above 4.0
A&W Root Beer	4.27
A&W Root Beer Diet	4.57
Bang's Root Beer	4.11
Canada Dry Club Soda	5.24

Energy Drinks	
Extremely Erosive	pH below 3.0
S-Hour Energy Extra Strength	2.82
S-Hour Energy Lemon-Lime	2.81
Jolt Power Cola	2.47
Rockstar Energy Drink	2.74
Rockstar Recovery	2.84
Erosive	pH 3.0-4.0
Fuel Energy Shots Lemon-Lime	3.97
Fuel Energy Shots Orange	3.44
Jolt Ultra Sugar Free	3.14
Monster Energy	3.48
Monster Hitman Energy Shot	3.44
Monster Low Carb	3.60
Redbull Regular	3.43
Redbull Shot	3.25
Redbull Sugar Free	3.39
Rockstar Energy Cola	3.14
Rockstar Sugar Free	3.15

Answers For Acidity Of Beverages

Donna D. Ignatavicius, Cherie R. Rebar



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