

# The Power of Sour on Your Teeth <sup>(TM)</sup>

## Acid Levels in Popular Sour Candies

	Acid (pH)
	Low = Bad
<b>Water (neutral)</b>	<b>7.0</b>
<b>Loss of tooth enamel</b>	<b>4.0</b>
Spree®	3.0
Sweetarts®	3.0
Big Stuff Pacifier® Sucker	3.0
Sour Gummi Bears®	3.0
X-treme Airheads®	3.0
Sour Punch Straws®	2.5
Shockers®	2.5
Skittles®	2.5
Baby Bottle Pop® Powder	2.5
Brach's Gummi Bears®	2.5
Sqwiggles Gummi Worms®	2.5
Wonka Laffy Taffy®	2.5
Starburst®	2.4
Sweet Tarts Shock®	2.4
Lemon Heads®	2.4
Mentos® FruitChew	2.4
WarHeads® Sour Rips Roll	2.3
Lollipop Paint Shop®	2.2
Zours®	2.2
Sour Skittles®	2.2
Airheads® Cherry Chew	2.0
Wonka Nerds® Grape	2.0
Now and Later® Cherry Chew	1.9
Too Tart Extra Sour Goo®	1.9
Wonka Pixy Stix® Powder	1.9
Altoids Mango Sours®	1.9
Wonka Fun Dip® Powder	1.8
WarHeads Sour Spray®	1.6
<b>Battery acid</b>	<b>1.0</b>

Data courtesy of Dr. John Ruby, University of Alabama Birmingham School of Dentistry, 2007.

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