



## The Power of Sour on Your Teeth (TM)

### Acid Levels in Popular Sour Candies

	<b>Acid (pH)</b>
	Low = Bad
Water (neutral)	7.0
Loss of tooth enamel	4.0
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® Fruit Chew	2.4
WarHeads® Sour Rips Roll	2.3
Lollipop Paint Shop®	2.2
Zours®	2.2
Sour Skittles®	2.2

*General Dentistry for Children & Young Adults*

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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
Battery acid	1.0

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

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