

Gatorade	pH	Specific Gravity	Volume	Gatorade	pH	Specific Gravity	Volume	
Baseline		6.5	1.02	100	Baseline	6.5	1.02	
30 Minutes		6.25	1.005	260	30 Minutes	6	1.02	200
60 Minutes		6	1.005	320	60 Minutes	6	1.02	200
90 Minutes		6.5	1.005	280	90 Minutes	6	1.02	300
Water	pH	Specific Gravity	Volume	Water	pH	Specific Gravity	Volume	
Baseline		8	1.01	Baseline	6.5	1.01		
30 Minutes		7	1.005	200	30 Minutes	6	1.01	130
60 Minutes		7	1.005	440	60 Minutes	6.5	1.005	360
90 Minutes		6.5	1.01	350	90 Minutes	6	1	370
Beer	pH	Specific Gravity	Volume	Gatorade	pH	Specific Gravity	Volume	
Baseline		6.5	1.015	100	Baseline	6.5	1	
30 Minutes		5	1.01	360	30 Minutes	6	1	330
60 Minutes		5	1.005	380	60 Minutes	6.8	1	420
90 Minutes		6	1.01	180	90 Minutes	6.8	1	240
Gatorade	pH	Specific Gravity	Volume	Water	pH	Specific Gravity	Volume	
Baseline		6	1.025	Baseline	6.5	1.02	0	
30 Minutes		5.5	1.02	30	30 Minutes	8	1.025	14
60 Minutes		5.5	1.005	400	60 Minutes	8	1.03	120
90 Minutes		6	1	200	90 Minutes	7.5	1.03	140
Water	pH	Specific Gravity	Volume		pH	Specific Gravity	Volume	
Baseline		6	1.02	60	Baseline			
30 Minutes		6.5	1.02	60	30 Minutes			
60 Minutes		6.5	1.01	300	60 Minutes			
90 Minutes		6.5	1.005	180	90 Minutes			
Coffee	pH	Specific Gravity	Volume	water	pH	Specific Gravity	Volume	
Baseline		6.5	1.02	240	Baseline	6.5	1.015	0
30 Minutes		6.25	1.005	360	30 Minutes	6.5	1.015	100
60 Minutes		6.25	1.005	280	60 Minutes	6.5	1.005	210
90 Minutes		6.25	1.005	240	90 Minutes	6.5	1	380
beer	pH	Specific Gravity	Volume		pH	Specific Gravity	Volume	
Baseline		6.5	1.03	Baseline	6.5	1.01		
30 Minutes		5	1.03	118	30 Minutes	6.5	1.01	240
60 Minutes		6	1.015	59	60 Minutes	6	1.055	280
90 Minutes		6	1.02	59	90 Minutes	6	1.055	300
Beer	pH	Specific Gravity	Volume		pH	Specific Gravity	Volume	
Baseline		7	1.026	Baseline	6	1.025		
30 Minutes	NA	NA	NA	30 Minutes	6	1.01	380	
60 Minutes		8	1.03	460 mL	60 Minutes	6	1.005	540
90 Minutes		7.5	1.03	260 mL	90 Minutes		1.02	120
Beer	pH	Specific Gravity	Volume	water	pH	Specific Gravity	Volume	
30 Minutes		7	1.025	120	Baseline	6	1	270
60 Minutes		6	1.005	380	30 Minutes	5	1	510
90 Minutes				60 Minutes	5	1	370	
				90 Minutes	5.5	1.05	105	
Beer	pH	Specific Gravity	Volume	Water	pH	Specific Gravity	Volume	
Baseline		6	1.015	80	Baseline	5	1.03	

30 Minutes	6	1.015	80	30 Minutes	5	1.025	110
60 Minutes	5	1.01	380	60 Minutes	6	1.005	300
90 Minutes	5	1.01	120	90 Minutes	5.5	1.015	160
Gatorade	pH	Specific Gravity	Volume	Gatorade	pH	Specific Gravity	Volume
Baseline	5.5	1.015		Baseline	6.5	1.025	
30 Minutes	7	1.03	60	30 Minutes	6.5	1.01	180
60 Minutes	6.75	1.03	20	60 Minutes	6.5	1.02	190
90 Minutes	6	1.03	20	90 Minutes	6.5	N/A	0
Coffee	pH	Specific Gravity	Volume				
Baseline	5	1.03					
30 Minutes	6.5	1.01	240				
60 Minutes	7	1	380				
90 Minutes	6.5	1	380				
Gatorade	pH	Specific Gravity	Volume				
Baseline	5	1.025					
30 Minutes	6	1.02	80				
60 Minutes	6	1.01	240				
90 Minutes	6	1.01	200				
Coffee	pH	Specific Gravity	Volume	Coffee	pH	Specific Gravity	Volume
Baseline	6	1.03		Baseline	6	1.03	
30 Minutes	5.5	1.01	420	30 Minutes	6	1.005	80
60 Minutes	6	1.005	360	60 Minutes	6.5	1	280
90 Minutes	6	1.01	300	90 Minutes	6	1.005	240

gatorade	pH	Specific Gravity	Volume		pH	Specific Gravity	Volume		
Baseline		6.5	1.025		Baseline				
30 Minutes		6	1.02	50	30 Minutes				
60 Minutes		6.5	1.005	260	60 Minutes				
90 Minutes		6.5	1.01	140	90 Minutes				
water	pH	Specific Gravity	Volume						
Baseline		6	1.01		Beer	pH	Specific Gravity	Volume	
30 Minutes		6.5	1	180	Baseline		6	1.015	
60 Minutes		6.5	1.005	300	30 Minutes		6.5	1.005	260
90 Minutes		6.5	1.005	180	60 Minutes		6.5	1.005	360
gatorade	pH	Specific Gravity	Volume	90 Minutes					
Baseline		6	1.025		Coffee	pH	Specific Gravity	Volume	
30 Minutes		6	1.015	100	Baseline		6.5	1.015	n/a
60 Minutes		5.5	1.02	300	30 Minutes		7	1.01	75 mL
90 Minutes		5	1.005	240	60 Minutes		6	1.005	200 mL
water	pH	Specific Gravity	Volume	90 Minutes					
Baseline		7	1.005		Water	pH	Specific Gravity	Volume	
30 Minutes		6.25	1.01	200	Baseline		6.5	1.02	n/a
60 Minutes		6.25	1.015	320	30 Minutes		6	1.02	30mL
90 Minutes		6.25	1.01	200	60 Minutes		6	1.025	10mL
coffee	pH	Specific Gravity	Volume	90 Minutes					
Baseline		6	1.01				6.2	1.025	10mL
30 Minutes		7.5	1.01	520					
60 Minutes		6	1.015	450					
90 Minutes		7.5	1.015	200					
	pH	Specific Gravity	Volume						
Baseline		6.5	1.01						
30 Minutes		6.5	1.005	540					
60 Minutes		7	1.015	480					
90 Minutes		6.5	1.01	380					
beer	pH	Specific Gravity	Volume						
Baseline		6	1.025						
30 Minutes		6	1.02	100					
60 Minutes		5.5	1.005	240					
90 Minutes		6	1.005	340					
water	pH	Specific Gravity	Volume						
Baseline		6.5	1.025						
30 Minutes		6.5	1.005	460					
60 Minutes		6.5	1.01	420					
90 Minutes		6	1.01	240					
Beer	pH	Specific Gravity	Volume						
		6.5	1.015						
		6	1.01	300					
		6.5	1.01	360					
		6.5	1.01	240					
Beer	pH	Specific Gravity	Volume						
Baseline		6	1.015	N/A	Baseline				

30 Minutes	6	1.01	300 ml	30 Minutes
60 Minutes	6	1.005	380 ml	60 Minutes
90 Minutes	6	1	360 ml	90 Minutes
alcohol	pH	Specific Gravity	Volume	
Baseline	6.5	1.01		Baseline
30 Minutes	6.25	1.005	300	30 Minutes
60 Minutes	6	1.005	270	60 Minutes
90 Minutes	6	1	260	90 Minutes
water	pH	Specific Gravity	Volume	Water- Nagasai
Baseline	6	1.03		Baseline
30 Minutes	6.5	1.02	100	30 Minutes
60 Minutes	6.5	1.005	270	60 Minutes
90 Minutes	6	1.005	160	90 Minutes
Coffee	pH	Specific Gravity	Volume	
Baseline	6	1.005	N/A	Baseline
30 Minutes	6	1.01	340	30 Minutes
60 Minutes	6	1.005	540	60 Minutes
90 Minutes	6.5	1.01	320	90 Minutes
Gatorade-	pH	Specific Gravity	Volume	
Baseline	6	1.03	N/A	Baseline
30 Minutes	6	1.03	30	30 Minutes
60 Minutes	6	1.005	240	60 Minutes
90 Minutes	5	1.015	50	90 Minutes
alcohol	pH	Specific Gravity	Volume	
Baseline	6.5	1.03	N/A	Baseline
30 Minutes	6.5	1.02	120	30 Minutes
60 Minutes	6.5	1.01	200	60 Minutes
90 Minutes	6	1.01	280	90 Minutes

Beer	pH	Specific Gravity		
Baseline	6.5	1.01	n/a	
30 Minutes	5	1.005		350
60 Minutes	5	1.005		180
90 Minutes	6	1.005		180