BALANCE CHART

Range	Sugars	UpH	TpH	SpH	Salts	Proteins
+10	9.5 - 10	4.5	16.0	8.4	61 - 80	26 - 30
+9	8.7 - 9.5	4.6	16.0	8.3	46 - 60	24 - 25
+8	7.7 - 8.6	4.8	16.0	8.1	38 - 45	22 - 23
+7	6.9 - 7.6	5.0	16.0	7.9	31 - 37	20 - 21
+6	6.0 - 6.8	5.2	15.8	7.7	26 - 30	18 - 19
+5	5.1 - 5.9	5.4	14.8	7.5	21 - 25	16 - 17
+4	4.6 - 5.0	5.6	14.6	7.3	17 - 20	14 - 15
+3	3.3 - 4.5	5.8	14.3	7.1	13 - 16	12 - 13
+2	2.5 - 3.2	6.0	14.0	6.9	10 - 12	10 - 11
+1	1.6 - 2.4	6.2	13.6	6.7	8 - 9	8 - 9
0	1.5	6.4	12.8	6.4	7	6 - 7
-1	1.4	6.7	12.0	6.2	6	—
-2	1.3	6.9	11.8	6.0	—	—
-3	1.2	7.1	11.6	5.8	5	—
-4	1.1	7.3	11.3	5.6	—	—
-5	1.0	7.5	11.0	5.4	4	5
-6	.9	7.7	10.9	5.2	—	—
-7	.8	7.9	10.8	5.0	3	—
-8	.7	8.1	10.2	4.8	—	4
-9	.6	8.3	9.6	4.6	2	3
-10	0 - .5	8.4	8.8	4.5	1	2

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