



7 Side Effects of SODA

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source: davesommers

PHOSPHORIC ACID – weakens bones and rots teeth

EXCESSIVE ARTIFICIAL SWEETENERS makes you crave more

CARAMEL COLOR – made from the chemical caramel, is purely cosmetic, it doesn't add flavor yet is tainted with carcinogens

FORMALDEHYDE – carcinogen, it is not added in soda but when you ingest aspartame, it will break down into 2 amino acids and methanol = formic acid + formaldehyde (diet sodas)

HIGH FRUCTOSE CORN SYRUP is a concentrated form of sugar, fructose derived from corn. It increases body fat, cholesterol and triglycerides and it also makes you hungry

POTASSIUM BENZOATE = preservative that can be broken down to benzene in your body. Keep you soda in the sun and benzene = carcinogen

FOOD DYES = impaired brain function, hyperactive behavior, difficulty focusing, and lack of impulse control