7 Side Effects of SODA

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