

# Introducing the next stage of cancer.

**Carbonated Water:** Drinking carbonated water may pose a problem if it is the only beverage you drink and you do not get enough calcium in your diet through other foods and drinks.

**High Fructose Corn Syrup:** Contains mercury. Major cause of heart disease, obesity, cancer, dementia, liver failure, tooth decay and more.

**Caramel Color:** California added the compound 4-methylimidazole, also known as 4-MI or 4-MEI, to its list of known carcinogens in 2011. In order to meet the requirements of California law — and avoid cancer warning labels on cans — soda manufacturers have come up with a solution: switch to a new, low 4-MI formulation of caramel coloring.

**Natural Flavor:** A trade secret. But hey, don't worry, it's natural. Had it been artificial, the label would have read artificial flavor.

**Phosphoric Acid:** Nearly as damaging to teeth as battery acid.

**Sodium Citrate & Citric Acid:** Derived from corn. It is used as a strong acid, a tart flavoring, and an antioxidant.



**Caffeine:** Mildly addictive, one possible reason that makers of soft drinks add it to their products. Increases the risk of miscarriages (and possibly birth defects) and inhibits fetal growth, it should be avoided by women who are pregnant or considering becoming pregnant. It also may make it harder to get pregnant.

**Potassium Sorbate:** Prolonged use of the preservative could lead to allergic reactions, nausea, diarrhea and nutrient loss in food.

**Aspartame:** A chemical combination of two amino acids and methanol, was initially thought to be the perfect artificial sweetener, but it might cause cancer or neurological problems such as dizziness or hallucinations.

**Acetosulfame Potassium:** Two rat studies suggest that the additive might cause cancer. Large doses of acetacetamide, a breakdown product, have been shown to affect the thyroid in rats, rabbits, and dogs.

**Sucralose:** A synthetic chemical made by chemically reacting sugar (sucrose) with chlorine.

**Bold denotes possible GMOs and/or carcinogens**

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\*beginning next year, new Pepsi bottles will be made from corn husks and grass.