WORST SIDE EFFECTS OF SODA

Artificial sweeteners or sugar substitutes in sodas cause cancer

CARAMELIZED COLOR: is NOT natural. It is a chemical process involving ammonia and is tainted with carcinogens

FORMALDEHYDE CARCINOGEN: It is not added in soda but when you digest aspartame, it breaks down into 2 amino acids and METHANOL = FORMIC ACID + FORMALDEHYDE (DIET SODAS)

HIGH FRUCTUOSE CORN SYRUP: Common sweetener made by an enzymatic process from glucose syrup. It increases body fat, cholesterol levels, obesity and blood pressure and mood swings

POTASSIUM BENZOATE: Preservative that can be broken down to benzene in your body. Keep your soda in the sun and BENZENE = CARCINOGEN

FOOD DYES: Cancer, allergic reactions, stomach distress, hyperactive behavior, impaired brain function

PHOSPHORIC ACID: Highly corrosive and can reduce the calcium in your bones and create tooth decay

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