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# 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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