The Worst Drink

LEARN ABOUT ONE OF THE WORST DRINKS

Phosphoric Acid = Weakening of Bones and rots teeth

HFCS = High Fructose Corn Syrup = Concentrated form of sugar fructose derived from corn = Increase body fat, cholesterol, and triglycerides and a PLUS... It makes you hungry.

Artificial Sweeteners = So sweet that makes you crave more.

Potassium Benzoate = Preservative that can be broken down to benzene in your keep your soda can in the sun and benzene = carcinogen.

Caramel Color = Chemical caramel and purely Cosmetic, so it doesn't add flavor but it is tainted with carcinogens.

Formaldehyde = Carcinogen, not added in soda but when you digest aspartame, it will break down into 2 amino acids and methanol(= formic acid + formaldehyde).

Food Dyes = Impaired brain function, hyperactive behavior, difficulty focusing, lack of impulse control.

*Diet Sodas
Posting Disclaimer Notice:
This posting is not my own creation collection. My effort is copy paste only. I got it from internet posted by someone else. I’m just saving some time for you to avoid searching everywhere. I’m not violating any copy rights law or not any illegal action which I'm not supposed to do. If anything is against law please notify me so that it can be removed.