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.
- Caramel Color = Chemical caramel and purely Cosmetic, so it doesn't add flavor but it is tainted with carcinogens.
- Potassium Benzoate = Preservative that can be broken down to benzene in you keep your soda can in the sun and benzene = carcinogen.
- Formaldehyde = Carcinogen, not added in soda but when you digest aspartame, it will break down into 2 amino acids and methanol(= formic acid + formaldehyde). *Diet Sodas
- Food Dyes = Impaired brain function, hyperactive behavior, difficulty focusing, lack of impulse control.
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