

WHAT'S INSIDE?

Phosphoric Acid

will dissolve a nail in about four days!
Phosphoric acid is corrosive and acidic to your body. It can even be used to clean the rust off of cars before they are primed and painted. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase of osteoporosis.

High Fructose Corn Syrup

increases your risk for weight gain, insulin resistance, metabolic syndrome, heart disease, and stroke.

Caramel Color

increases your risk for cancer.

Caffeine & Sodium

Caffeine can increase heart rate and blood pressure. The combination of caffeine and sodium has a dehydrating effect. Too much sodium can also raise your blood pressure.

KICK THE CAN!

DID YOU KNOW?

SODA makes you **tired.**

When you consume lots of sugar in one sitting, you experience what is commonly known as a “sugar rush.” To match this spike in sugar, your body produces a spike in insulin, which is followed by a glucose crash. Most people compensate for this crash by consuming more sugar.

SODA makes you **overweight.**

Some research indicates that calories from sugar are more easily turned into fat inside your body than calories from fat in food. Eating and drinking sugar makes you gain more weight than eating fat.

SODA makes you **forget.**

Too much sugar in your diet reduces production of a brain chemical that helps you learn, store memories, and process insulin.