

Time For A Soda?

What Happens in the First Hour?

First 10 Minutes

10 Teaspoons of sugar hit your system. (That's 100% of your recommended daily intake)

First 20 Minutes

The blood sugar spikes, causing insulin bursts. Your liver responds to this by turning any sugar it can get its hands on into fat.

First 40 Minutes

Caffeine absorption is complete. Your pupils dilate, your blood pressure rises. The adenosine receptors in your brain are now blocked.



First 45 Minutes

Your body ups your dopamine stimulating the pleasure centers of your brain. This is physically the same way heroine works.

First 60 Minutes

The phosphoric acid binds calcium, magnesium and zinc in your lower intestine, providing a further boost in metabolism. This is compounded by high doses of sugar and artificial sweeteners also increasing the urinary excretion of calcium.

First 60+ Minutes

The caffeine's diuretic properties come into play (gotta pee?). It is now assured that you will evacuate the bonded calcium, magnesium and zinc that was headed to your bones as well as sodium, electrolytes and water.

What's In That Soda?

Phosphoric Acid

Interferes with digestion and absorption of nutrients and erodes tooth enamel and bones.

Caffeine

In excess can lead to insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, and vitamin and mineral depletion.

Carmel Color

Contains 4-methylimidazole, a carcinogen linked to lung cancer and tumors with long-term exposure.

Aspartame

Sugar substitute in diet soda with over 92 possible side effects such as brain tumors, birth defects, emotional disorders, epilepsy/seizures and diabetes.

Sugar

Leads to increased insulin levels which can lead to high blood pressure, high cholesterol, heart disease, diabetes, weight gain and premature aging.

Good Alternatives to Soda.

**Green Tea • Fruit Flavored Water • Chocolate Almond Milk • Water
Plain Coffee • Coconut Water • Fruit Smoothie • Antioxidant Juices**

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