

**“But, pop just tastes so good...”**

**Corroded  
teeth**



**Weight  
Gain**



**Bone loss**



**Gas, bloating  
& cramping**



**Dulled brain  
function**



**WHY  
ACT  
NOW**

**Soft drinks  
are not a  
main food  
group.**

*Your body is made of 60-70% water.  
Replenish it with water, 8-10 cups a day.*



**Choose water every time.**



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