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It is well known that Coca Cola is unhealthy and promotes obesity among other things. Successful advertising expenditures by the corporation amounting to 84.2 million euros (source Statistica.com) nevertheless managed to ensure that in 2020, 26.62 million German citizens consumed Coca Cola.

The RKI warns against the consumption of so-called "soft drinks" by children and adolescents in Germany in its Journal for Health Monitoring (2018/1) with the following words: "High consumption of sugary drinks is associated with the development of adiposity (obesity), diabetes mellitus type II, and other chronic diseases. Furthermore, the consumption of sugary drinks is a burden on the teeth, as the sugar as well as the acid frequently added to soft drinks attack tooth enamel and can promote the formation of cavities. In addition, studies indicate that there is a connection between the intake of sugary drinks and a reduction in bone density, caused by the acids contained in cola drinks (e.g., phosphoric acid), during adolescence. According to the recommendation of the German Society for Nutrition (DGE), for these reasons fluid requirements should be met mainly through water and other low-energy drinks."

For further information about the value of ideal drinking water for life, visit: https://t.me/truuinfochannel

https://www.rki.de/DE/Content/Gesundheitsmonitoring/Gesundheitsberichterstattung/GBEDownloadsJ/

It's good.
to be truu.