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## THE WHOLE TRUTH ABOUT COCA-COLA

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The questions if the use of Coca-Cola is completely safe and if this beverage can be a full part of a healthy man's diet have been raised more often in recent years. Debates do not stop up today.

It is not recommended to drink heavily carbonated beverages to persons suffering from diseases of the gastrointestinal tract, particularly suffering from, acute and chronic gastritis, including those accompanied by increased gastric secretion, gastric ulcer, pancreatic diseases and other pathological processes.

- Fizzy water causes stomach disorder and constant use can lead to pancreatitis.

According to the official website the components of the drink are:

- sugar
- carbon dioxide
- dye (sugar color)
- phosphoric acid
- caffeine

However, during the trial in Turkey the information that the composition of dietary supplements also include an extract from the cochineal insect, caused a scandal, connecting with the fact that some religions, particularly Islam, prohibit eating insects.

Long-term use of coca-cola can manifest allergy to its components (including nettle-rash), which holds up to 4 weeks, as it is aggravated by the lack of adequate standards of calcium in the body.

### **Historical background:**

Drink Coca-Cola was invented in Atlanta (Georgia, USA), May 8, 1886 by pharmacist John Pemberton, a former officer of the American Confederate. Pemberton' accountant Frank Robinson, who also wielded calligraphy, invented the name for the new drink and wrote the words "Coke" in beautiful curly letters which are still the logo of the drink.

The main ingredients of Coca-Cola were the following: three parts of coca leaves (the drug cocaine is received from the same leaf) and one part of tropical tree nuts, cola. The received beverage was patented as a drug "from any nervous disorders" and was sold through the machine in a major city chemist Jacob in Atlanta. Pemberton also said that Coca-Cola was a cure for impotence, and that it can go to those who become addicted to morphine (Pemberton himself was indifferent to morphine).

In 1988, Coca-Cola entered into the market of the USSR.

Later, under pressure from competitors, producing drinks without caffeine and sugar, Coca-Cola Company began to produce drinks: «Classic Coke», «New Coke», «Cherry Coke», «Diet Coke», «Tab», «Caffeine- Free New Coke », «Caffeine-Free Diet Coke »and« Caffeine-Free Tab ».

### **Coca-Cola as a cleaning agent:**

- In many states (in USA) traffic police always had in their patrol car 2 bottles of Coke to wash the blood off the highway after the accident.



- To clean a toilet, pour a jar of Cola into the sink and ... do not wash off for an hour. Citric acid in Cola removes stains from porcelain.

- To remove rust spots from chrome car bumpers, rub the bumper with crumpled sheet of aluminum foil dipped in Cola.

- To remove corrosion from the battery in the car, pour a can of Coke on batteries, and corrosion will disappear.

- To promote a rusty bolt, soak a cloth with Cola, and wrap the bolt for several minutes.

- To clean clothes from dirt, pour a jar of Cola on a pile of dirty clothes, add some detergent and wash in the machine as usual. Cola will help get rid of spots. It will also clean the glass in the car from the road dust.

- The active ingredient in Coke - phosphoric acid.

- Its pH is 2.8. For 4 days it can dissolve your nails.

- For transportation of the Cola concentrate truck must be equipped with special trays designed for highly corrosive materials.

- Distributors of Coca-Cola have been using it to clean the engines of their trucks for 20 years.

- The only harmless components of fizzy drinks is water. It is dead, lifeless, distilled for its natural taste didn't spoil the taste of the.

Farmers in some parts of India, particularly in the state of Chhattisgarh, use Pepsi and Coca-Cola to protect their rice plantations against pests. According to them, these drinks are cheaper pesticides, and act in the same way. Now practice of the use of such soft drinks instead of special funds that are almost 10 times expensive is so popular that sales of Pepsi and Coca-Cola in remote villages has increased substantially.

#### **Codes of nutritional supplements by categories + list of banned and dangerous additives E-Groups:**

E100-E199 (dyes) - substances that give the product a new color or hide its natural hue;

E200-E299 (conservatives) keep the product from rotting, fermentation and other processes of decay;

E300-E399 (antioxidants) prevent oxidation of the product ( expansion of light-sensitive natural dyes);

E400-E499 (stabilizers / thickeners) maintain the desired consistency of the product or provide product with specific viscosity;

E500-E599 (emulsifiers) provide a uniform view of the product;

E600-E699 enhance the natural flavor;

E900 and others loosen the product to air condition ,leaving no left little traces.

Coca-Cola is made from the worms. Turkish Foundation of St. Nicholas gave leaving bring an action against Coca-cola, claiming to reveal the formula of the produced drink to find out whether the ingredients in the composition of Coke are dangerous. The composition of the drink, which can be seen on the label, except for sugar, phosphoric acid, caffeine, caramel, carbon dioxide is still a mysterious extract. Researchers have found that it is natural dye carmine or cochineal food additive extracted from Cochineal worms. In the food industry, this extract is also known as Carminic acid. Cochineal is the common name of several species of insects from different families of the subgroup coccidia, whose females are used for red dye - carmine. Now Coca-cola will be forced to disclose this fact. Otherwise, the Turkish market will be closed for this beverage. But I have no doubt that Coca-Cola will be able to benefit from worms: a great corporation, operating in the market for more than a hundred years, is able to turn any strike against it in to a nice advertising campaign. Imagine posters across Moscow (or Ankara, if you like): a smiling worm in a red cap and some incendiary slogans like "Cola-anywhere"

Think about whether you should drink Coca-Cola