



## The Sweeteners We Use

Often as we eat and drink different foods and beverages, we may not be aware of some of the ingredients included. In particular, the sweeteners are cause for concern. Aspartame is widely used in diet soda pop and is also in nutrasweet. It does have the

potential to break down into methanol and formaldehyde, especially at high temperatures (like in hot coffee). These are 2 very toxic substances which takes the body several days to metabolize and eliminate. If you drink diet sodas, you should limit your intake to 20 ounces no more than every 3 days.

Regular sodas on the other hand are not much better. They have a large amount of sugar which is kept suspended in the drink with and equally large amount of phosphates. These phosphates if taken in excess can pull calcium out of the bones and lead to early osteoporosis as well as tooth decay. These also should be limited from the diet as well. For more ideas to improve your health, see me (Larry) or visit my website [www.larryspharmacies.com](http://www.larryspharmacies.com).

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