

Soft drinks

Most soft drinks contain acids such as citric, phosphoric and malic or tartaric acids. These acids are what give the drink the refreshing "bite" or "sting" and at the same time preserving the "quality" and sweetness of the drink.

A study was done where extracted human teeth were placed in cola drinks. Within two days, the teeth became very soft and the enamel surface lost much of its calcium.

If you think you would brush your teeth after drinking soft drinks, hear this: Brushing your teeth after drinking an acidic soft drink can increase the damage to your tooth enamel, and dissolving down the gum line.