

What is going on in your body within an hour after you drink Coca-Cola?

1

FIRST 10 MINUTES

You took an equivalent of 10 coffee spoons of sugar that is equal to the recommended daily dose of it.
You won't puke at once because of the phosphoric acid added to the drink.

2

20 MINUTES

Maximum blood insulin level is reached.

3

40 MINUTES

Caffeine absorption is being finished. Eye pupils dilate and arterial pressure rises. It is a reaction of your body for an abnormal amount of consumed sugar.



45 MINUTES

Your body has synthesized dopamine ("hormone of happiness") and now it is stimulating your brain activity.
The dopamine effect is identical to that one of heroine.

4

5

60 MINUTES

Phosphoric acid fixates calcium, magnesium and zinc in an inner gastrointestinal tract, which leads to a new step of metabolism.
Large amounts of sugar and artificial sweeteners make things worse, and that also increases the calcium excretion with the urine.

6

> 60 MINUTES

The diuretic properties of caffeine join the game (you want to visit toilet).
There are no doubts, that you will remove the fixated calcium, magnesium and zinc that were led to the bone tissues, from the body, and also you will remove sodium, electrolyte and water.

7

> 60 MINUTES

Feeling calm and satisfied, you start suffering from having too much blood sugar.
You can become anxious and/or asleep.
You wasted all the water that was in the drink.
Moreover, you did it before absorbing the healthy nutrients that your body could have used for something helpful, e.g. hydration or bone and hard tooth tissue building.