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| --- | --- | --- | --- | --- | --- | --- |
| Ingredient name | I know | I don’t know | Health effects | Where in the world | natural | source |
| Carbonated water | yes |  | none | everywhere | no |  |
| High fructose corn syrup | yes |  |  | everywhere |  | corn |
| Citric acid | yes |  | Skin masks and lotions |  | Natural compound |  |
| taurine |  | yes | healthy | Breast milk | yes |  |
| Sodium citrate |  | yes | preservatives |  | no |  |
| Natural passion fruit flavor with other natural flavors | yes |  | healthy | everywhere | natural | Fruits |
| d-ribose |  | yes | cures | everywhere | yes | Produced in the body |
| I-carnitine |  | yes | Weight loss and trouble sleeping | Skeletal tissues | yes | Red meat, avocados, dairy |
| caffeine | yes |  | Raises blood pressure, and alters mood and sleep patterns. | Africa, Madagascar, rainforests in the Amazon basin | yes | Coco beans and tea leaves |
| Sodium hexametaphosphate |  | yes | Causes irritation to skin, eyes, and respiratory tract. | In labs all over the world | no | Created in labs |
| pectin |  | yes | Used in therapies. And controls cancer. Great source of soluble fiber | Found in plants all over the world. Mostly citric fruits. | yes | Extracted from the cell wall of plants. The most common being citric fruits |
| Ascorbic acid(vitamin c) | yes |  | Could cause skin irritation. If ingested you must dilute it and get a doctor. | Found in citrus fruits and vegetables found all over the world | yes | Extracted from vegetables. |
| inositol |  | yes | Causes dizziness, fatigue and headaches. Tends to prevent cancer | Nuts, beans and citrus fruits from all over the world | yes | Most high fiber foods |
| Gum arabic |  | no | Promotes weight loss. Exceeding limit could have bad effects. | Plant grows in sandy areas and is drought resistant. | yes | Made from guar seed. |
| Monopotassium phosphate |  | no | In small amounts replenishes ions in the body. | Made in labs | no | Mostly in fertilizers but also in Gatorade. |
| Cyanocobalamin (vitamin b12) |  | no |  |  |  |  |
| Sodium bonzoate |  | no |  |  |  |  |
| Potassium sorbate |  | no |  |  |  |  |
| Ester gum |  | No |  |  |  |  |
| Panax ginseng root extract |  | no |  |  |  |  |
| Calcium disodium salt of edta |  | no |  |  |  |  |
| sucralose |  | no |  |  |  |  |
| Pyridoxine hydrochloride(vitamin b6) |  | no |  |  |  |  |
| Beta-carotene |  | no |  |  |  |  |