Do the Dew? The Side Effects of Mountain Dew.

Mountain Dew is a drink that millions of people have come to love and enjoy. This fizzy soft drink glows neon yellow or other colors depending on its flavor, and has a very sweet taste to complement the color. The National Basketball Association, the National Football League, and many other sport associations highly advertise this drink to the world, thus making it much more desirable. Many teens and even early adults love this soft drink, but many do not know of the effect this product has on the human body. There are multiple effects that many people have no idea about, but because the drink is so popular and advertised by the NBA and NFL they tend to look past the side effects. Although Mountain Dew is a popular and tasty drink, this soft drink is terrible for your health and can cause massive tooth decay, lack of energy, and multiple other effects.

Soft drinks including Mountain Dew have a lot of chemicals and acids most people have never heard of. Reading the ingredients label of a can of soda is like reading a whole new language. One can of soda contains multiple acids that are extremely harmful for the human body, specifically, your teeth. Everything you eat and drink has some sort of effect on your teeth, whether it be good or bad. Soda in this case is extremely harmful with all the acids swirling around your mouth with every sip. Anthony Fraunhofer, a professor who wrote an article on the topic of soft drinks
effecting your teeth, states, “Most soft drinks contain one or more food acidulants; phosphoric and citric acid are common but malic, tartaric, and other organic acids also may be present” (von 308). Dr. Fraunholfer says that most soft drinks contain many acids, which all can be harmful for your teeth. Acids harm enamel, which is what makes your teeth hard like bone. Once enamel decays, it doesn’t come back, for the human body lacks the ability to repair lost enamel. Anthony Fraunhofer also states, “The presence of these polybasic acids in beverages is important because their ability to chelate calcium at higher pHs means that they can be very erosive to dental enamel” (von 308). Anthony basically says that with these acids in our soft drinks our enamel is slowing deteriorating with every sip.

Mountain Dew and many other soft drinks also have mental effects on the human body. Someone drinking soda will feel more depressed or saddened by the small things in life, and when they are taken away from the caffeine enriched drink they will always feel the urge to go back and drink some more. Caffeine has the tendency to be addicting to some people, and this makes all the health issues continue to appear. Caffeine can also cause anxiety in people. Aaron Luebbe studied this topic and did several experiments involving elementary school students all the way to tenth grade students. He tested to see how much caffeine they take in along with how they react to it. Aaron Luebbe states in his article “Mountain Dew or Mountain Don’t?” Aaron Luebbe explains that “Weekly caffeine use was strongly related to depression symptoms in both cohorts, and our exploratory analyses suggest this association might be mediated by withdrawal effects” (Luebbe 385)” Luebbe is saying that depression with caffeine could
be closely related to withdrawal effects, which appear when someone who constantly takes in caffeine suddenly stops.

A few years ago, a rumor came up about Mountain Dew. People across the United States went into panic as this rumor spread. The rumor was that drinking Mountain Dew reduces a man’s sperm count. Upon hearing this, many guys across the world replaced the use of condoms with drinking Mountain Dew. While the panic spread, many researchers looked into this predicament. They came to the conclusion that the dye used to make Mountain Dew yellow, yellow dye #5, was the source of all of the rumors. This chemical was responsible for the yellow neon color of Mountain Dew and is harmful to the human body as well. Luke Yoquinto studied the effects of yellow dye #5 in children and found harmful side effects. “studies have both supported and rebutted this idea, but Feingold's hypothesis gained renewed steam in 2007, when a large-scale study revealed that some children displayed increased hyperactivity when given a mix of artificial colors” (Yoquinto 2012). Yoquinto stated that Feingold’s studies found that yellow dye #5 caused hyperactivity in children. This harmful effect might also take place in adults as well.

After the widespread panic, researchers finally got to the bottom of the rumor and proved it false. In fact, many researchers found that caffeine increased sperm mobility. One paramedic wrote an article on this subject and stated, “The Chemical Health Hazard Assessment Division of the Canadian Bureau of Chemical Safety reviewed all the current studies on the subject and found that they showed that if a man drank one or two cups of coffee per day, he would have an increase in his sperms motility (the ability to move) and density” (Scott 2013). Caffeine had no negative effect on sperm, but when
it came to women there was a completely different effect. “there have been several studies that show women who drink 3 or more cups of coffee a day have a decreased chance of becoming pregnant compared to those who don’t drink coffee” (Scott 2013).

Many people today drink Mountain Dew without thinking of the effects it will have on their body. Little do they know that their teeth are being grinded away by acids with every sip. This doesn’t just mean Mountain Dew has the effects but nearly every single soft drink does the same thing to the human body. From tooth decay all the way to depression, soft drinks all have a terrible effect on the human body and mind.
Work Cited


