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ts and therefore maybe unsuitable for children under 17. The Program contains one or more of the following: graphic violence (V), explicit sexual activity (S); or crude

parental guidance is recommended; program may be unsuitable for younger children! Television-14

The show has been translated from Portuguese for the English

dictionary Collins dictionary of Portuguese - dictionary

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Ghana

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article

Introduction to 7UP

O 7UP is a refreshing carbonated beverage, famous for its

delicious formula since each of 1920. Today, we continue to appreciate its taste, but you can ask: why is 7UP so successful and popular?

Let's discover.

Impact of 7UP on health

O 7UP can be a healthy choice, but like other beverages, it

contains a lot of sugar, which can lead to health problems for

example. In fact, excessive consumption of carbonated drinks can

cause additional problems, such as flatulence and digestive

issues. There are two examples that clearly illustrate the overall

effect:

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li>Acidic fat: given the high caloric content, frequent

consumption can result in weight gain and fat storage

li>

li>Caries: high

h4>Maintaining balance and health

li>If we stop drinking this beverage, we can maintain a healthy

lifestyle. Some simple steps to follow:

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li>"Eat and drink": connect consumption of soft drinks to

meals, to reduce the accumulation of fat caused by

de>

li>"Moderate consumption": drink soft drinks

occasionally instead of consuming all soft drinks every