

# Rethink Your Drink

## Easy Swaps to Kick Start Weight Loss, Cut Calories and Avoid Blood Sugar Spikes

### 1 Sugary Drink Daily For 90 Days



**9,000  
Calories**  
9 cups Sugar



**18,000  
Calories**  
26 cups Sugar



### Replace With 1 Splenda Drink Daily For 90 Days



**Only  
2,700  
Calories**  
0 cups Sugar



**Only  
2,700  
Calories**  
0 cups Sugar

**Reduce Calories &  
Added Sugars!**

### Why Rethink Your Drink?

**Kick Start  
up to 5 lbs  
Weight Loss<sup>1</sup>**

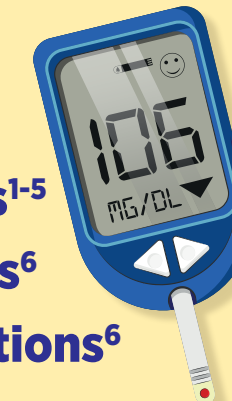


**Increase Motivation  
to Drink More Water**



**Reduce risk for:**

- Blood Glucose Spikes<sup>1-5</sup>
- Prediabetes, Diabetes<sup>6</sup>
- Long-Term Complications<sup>6</sup>



1. Quantitation of the effect of energy imbalance on bodyweight. Hall KD, Sacks G, Chandramohan D, Chow CC, Wang YC, Gortmaker SL, Swinburn BA. Lancet (2011 Aug 27) 27;378(9793):826-37. 2. Tey, S. L., Salleh, N. B., Henry, J. & Forde, C. G. Effects of aspartame-, monk fruit-, stevia- and sucrose-sweetened beverages on postprandial glucose, insulin and energy intake. Int. J. Obes. 41, 450-457 (2017). 3. Solomi, L., Rees, G. A. & Redfern, K. M. The acute effects of the non-nutritive sweeteners aspartame and acesulfame-K in UK diet cola on glycaemic response. Int. J. Food Sci. Nutr. 70, 894-900 (2019). 4. Atkinson, F. S., Foster-Powell, K. & Brand-Miller, J. C. International tables of glycemic index and glycemic load values: 2008. Diabetes care 31, 2281-2283 (2008). 5. Ludwig, D. S. & Ebbeling, C. B. The carbohydrate-insulin model of obesity: beyond "calories in, calories out". JAMA Intern. Med. 178, 1098-1103 (2018). 6. Long-term complications of diabetes/hyperglycemia (CDC): <https://www.cdc.gov/diabetes/managing/problems>

**Splenda**