

Drink Soda and You Might Damage Your DNA

Research from a British university suggests that sodium benzoate, a common preservative found in many soft drinks, has the ability to switch off vital parts of DNA.

This could eventually lead to diseases such as cirrhosis of the liver and Parkinson's.

When a UK professor of molecular biology and biotechnology tested the impact of sodium benzoate on living yeast cells, he discovered that it was damaging important DNA in the cells' mitochondria.

Mitochondria serve as the "power stations" for cells, and damage to them can lead to serious cell malfunctions associated with aging and age-related disease. The damage caused by sodium benzoate was great enough to cause the mitochondria to stop functioning.

Sodium benzoate occurs naturally in berries in small amounts, but is used in large quantities to prevent mold in soft drinks such as It is also added to pickles and sauces.

[The Independent May 27, 2007](#)