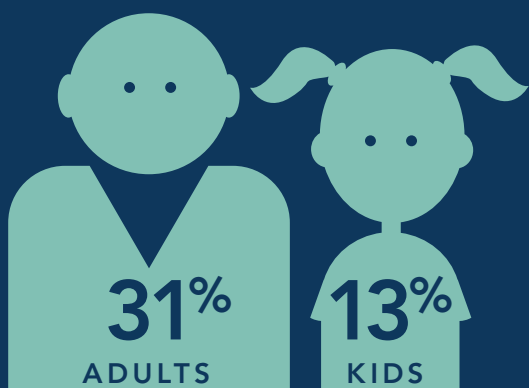


Too much fructose, a common type of

# SUGAR,

## can damage your liver,

### just like too much ALCOHOL.



Approximately 31% of adults and 13% of children in America suffer from non-alcoholic fatty liver disease (NAFLD).

You have probably heard that long-term, heavy alcohol use can cause cirrhosis or permanent liver damage. Growing scientific evidence shows that consuming too much fructose over time could have the same toxic effect.

Fructose, which is mainly processed in the liver, is found in soda, sports drinks and many packaged foods. Consuming large amounts can cause the liver to turn some of the excess fructose into fat. Some of the fat stays in the liver. Over time, it can build up, leading to non-alcoholic fatty liver disease (NAFLD).