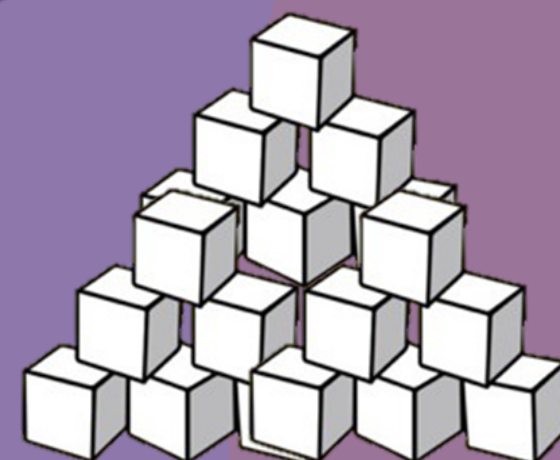


Even ONE is too much.

The truth about energy drinks.



One energy drink can have up to **14 cubes** of sugar!



We should have less than **5 cubes** a day to stay healthy

Energy drinks damage teeth and make us unwell.

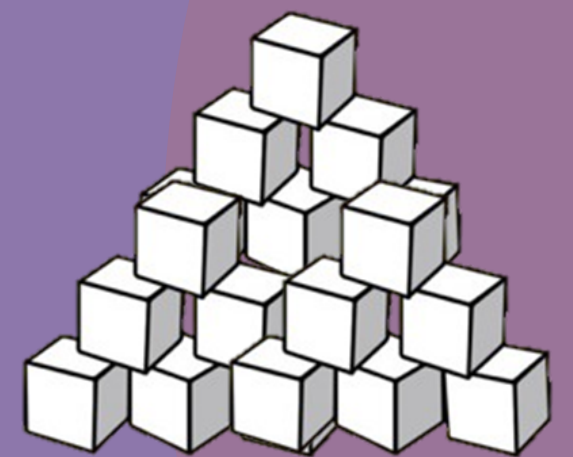
Choose milk or fill a water bottle from the tap.

Mae hyd yn oed UN yn ormod.

Y Gwir am ddioddydd egni.



Gall un ddiod egni gynnwys
dros **14 ciwb** o siwgr.



Dylem fwyta llai na **5 ciwb** y dydd i gadw'n iach

Gall hyn niweidio dannedd a'n gwneud ni'n sâl.

Dewiswch llefrith neu llenwch botel gyda dŵr o'r tap.