

# Unplug Energy Drinks



Substitute water to improve your oral health.

Drink plain water after to rinse away (or neutralize) the sugar.



Performance TRIAD  
Good Oral Health & Proper Nutrition Work together



U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
SLEEP, ACTIVITY, AND NUTRITION.

AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)



**ARMY  
FAMILY**  
IS AN UNSTOPPABLE FORCE

