For more than fifteen years, a series of scientific and patient-advocacy organizations have carried out investigations to determine whether the phosphorus and caffeine in sparkling beverages has any impact on bone health. Each has concluded that there is no evidence of any negative effect in healthy individuals, as long as their calcium intake is sufficient.

- In 1994, the U.S. National Institutes of Health assembled experts in osteoporosis and bone health at a conference on Optimal Calcium Intake. The report from that meeting concluded that “phosphate has not been found to affect calcium absorption or excretion significantly.”
- The American Medical Association reviewed the NIH’s experts’ statement and similarly concluded that the effect of phosphate on calcium absorption was “physiologically trivial.”
- The Institute of Medicine of the National Academy of Sciences reviewed the scientific data about phosphorus in 1997 and found that it did not appear to negatively affect calcium absorption.
- In 2000, the U.S. Surgeon General’s Report on Bone Health and Osteoporosis reviewed the scientific data acknowledging the concerns raised about caffeine, phosphorus and carbonated beverages and concluded that “as long as adequate levels of calcium intake are maintained, both carbonated and caffeinated beverages can be consumed in moderation.”

- In 2005, the International Osteoporosis Foundation published a review of nutrition and bone health that noted the concerns over “carbonated soft drinks, notably cola drinks” and bone health. It concluded that there is no convincing evidence that “carbonated drinks” adversely affect bone health.

References:
3. American Medical Association, Council on Scientific Affairs. Intake of dietary calcium to reduce the incidence of osteoporosis. Archives of Family Medicine, 1994;495-499