
ORCHARD
101

ACV

APPLE CIDER VINEGAR



*A glug of ACV
a day, may
help keep the
doctor away*

WHAT ARE THE POTENTIAL BENEFITS OF ACV?

There are many potential health benefits associated with taking a daily dose of **ACV**. It may:

🍏 help your body **remove toxins** and waste material, resulting in clearer skin, better sleep & more energy,

🍏 help with **acid reflux**, turning alkaline when it enters your body, it counteracts harsh stomach acid, helping to bring your PH balance back to a healthier state,

🍏 contribute to healthy bacteria in your body, restoring **gut health**, which may increase energy levels, aid digestion, and help reduce bad breath,

🍏 help **lower cholesterol**, blood pressure and triglyceride levels, reducing your risk of heart disease,

🍏 be a **blood glucose stabiliser**, and could help avoid blood sugar spikes, and hypoglycemia.

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ACV!

HOW CAN I TAKE ACV?

There are many ways to take a daily dose of **ACV**, here are a few ideas to get you started:

- 🍷 add 15ml to **water** & take as a healthy shot,
- 🍷 substitute for **salt** in a recipe,
- 🍷 use in your **salad dressing**,
- 🍷 add to water, with honey & lemon as a **hot drink**.

If you find a tasty way of using **ACV**, we'd love to hear it!

If you take **ACV** as a drink, make sure you always dilute with water, or another liquid.

PLEASE CHECK WITH YOUR DOCTOR IF YOU
ARE ON MEDICATION PRIOR TO TAKING ACV

WHAT IS THE MOTHER?

It is a jelly-like substance that forms naturally - think of it as the good bacteria of the vinegar. **The mother** is full of pure wibbly, wobbly goodness. All of our **ACVs** come, freshly bottled, **with the mother**. You will find traces of **the mother** in all our bottles. Be warned, she may grow!



Why not drop us an email? Tell us what you think. Ask us a question. Show us a fabulous new recipe using our ACV. Anything at all, we just love a chit chat.

hello@orchard101.co.uk
