

FromBIO
Apple Cider Vinegar
Gummy





## What Is **Apple Cider Vinegar**?

Apple cider vinegar (ACV) is a type of vinegar made with crushed fermented apples, yeast, and sugar.

For many years, people have also used it as a home remedy for everything from fighting germs to preventing heartburn.

More recently, research has shown that it might have some real health benefits, such as helping reduce blood sugar levels and aiding weight loss.

ACV is generally harmless – as long as you use it correctly. And it contains some of the same nutrients as apple juice, including B vitamins as well as antioxidants called polyphenols.

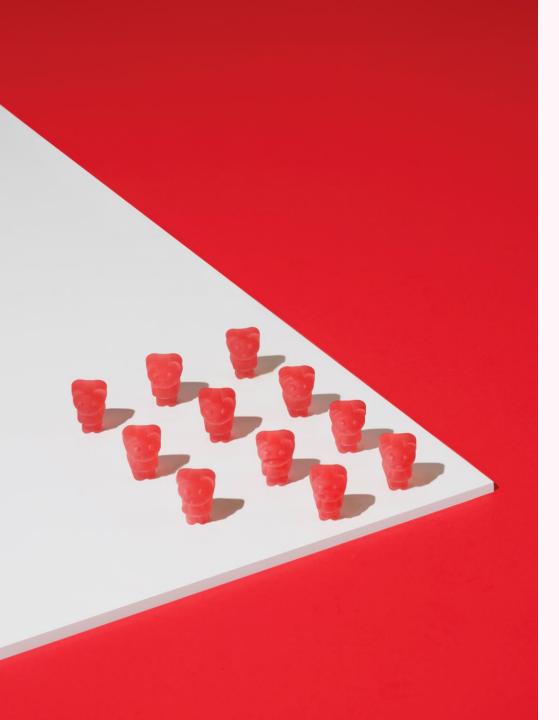


## **Apple Cider Vinegar Benefits**

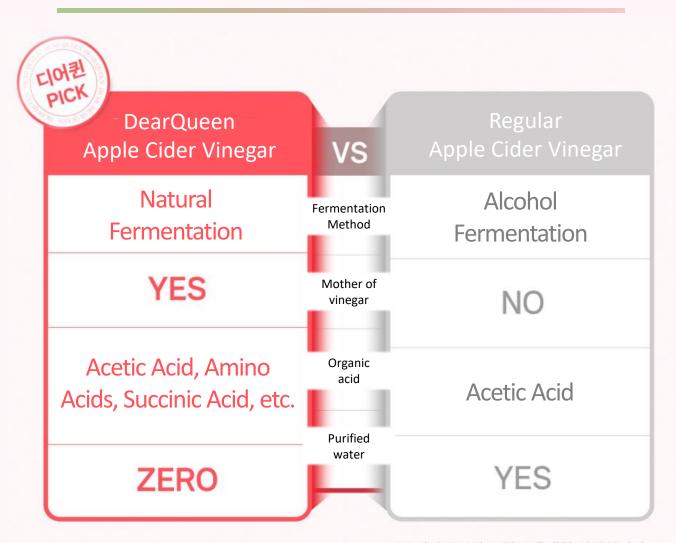
It may help with weight loss.

It may lower blood sugar.

It may lower cholesterol.



## Our Apple Cider Vinegar Advantages



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