



Apple Cider Vinegar

Nature's Harmony® Apple Cider Vinegar contains no artificial colour or flavour and is free from preservatives and animal derivatives. The formula is standardized to contain 5% acetic acid.

PRODUCT CODE: 400428

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Traditionally used in Herbal Medicine to aid digestion.	Capsule	Take 1 capsule three times daily.

DESCRIPTION:

Cider vinegar is the fermented juice from crushed apples. Like apple juice, it contains pectin, vitamins B1, B2, and B6, biotin, folic acid, niacin, pantothenic acid and vitamin C. It also contains small amounts of the minerals sodium, phosphorous, potassium, calcium, iron and magnesium. Each tablet contains the equivalent of 500 mg of apple cider vinegar.

Recommended Daily Allowance: N/A

Food Sources: Fermented apples.

Causes of Deficiency: Poor diet, genetic predisposition.

Symptoms of Deficiency: High cholesterol.

Complementary Nutrients: Kyolic aged garlic extract, Niacin, Triple Fish Oil.

HOW IT WORKS:

Traditionally people use apple cider vinegar to stimulate metabolism for weight loss, as a digestive aid and for arthritis pain relief.



DID YOU KNOW...

The powerful health and healing qualities of natural apple cider vinegar have been known and used since 3000 BC.

Apple Cider Vinegar

RESEARCH:

Studies have shown that nutrients, enzymes, and organic acids found in apple cider vinegar aid in weight loss by safely suppressing the appetite and increasing the body's metabolic rate.

SIDE EFFECTS:

Long-term use of high doses may increase risk of osteoporosis or deplete potassium levels, especially in those using insulin, licorice, horsetail or stimulant laxative herbs such as cascara sagrada and senna.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner prior to use if pregnant, breastfeeding or if you have gallstones or anemia. Consult a health care practitioner if symptoms persist or worsen.

OTHER CONSIDERATIONS:

Apple cider vinegar may be beneficial for lowering cholesterol levels.

LABEL:

Natures Harmony

Vinaigre de cidre de pomme avec menthe poivrée

Aide à la digestion

60 capsules

Usage recommandé: Utilisée traditionnellement en phytothérapie pour aider à la digestion.
Dose recommandée (adultes): Prendre 1 capsule trois fois par jour.
Ingédients médicinaux: Chaque capsule contient: Vinaigre de cidre de pomme (*Malus domestica*, fruit 500 mg
 Extrait de feuille de menthe poivrée (*Mentha x piperita*) 10:1, equiv. à 400 mg de plante fraîche..... 40 mg
Ingédients non médicinaux: cellulose, dioxyde de silicium, stéarate de magnésium, gélatine.
 Ce produit ne contient pas d'ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites ou colorants, arômes ou agents de conservation artificiels.
Information sur les risques: Consultez un praticien de soins de santé avant de prendre ce produit si vous êtes enceinte ou allaitante, ou si vous avez des calculs biliaires ou êtes anémique. Consulter un praticien de soins de santé si les symptômes persistent ou s'aggravent.
 RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.

Recommended Use: Traditionally used in Herbal Medicine to aid digestion.
Recommended Dose (Adults): Take 1 capsule three times daily.
Medicinal Ingredients: Each capsule contains: Apple Cider Vinegar 500 mg
 Peppermint (*Mentha x piperita*) leaf extract 10:1, equiv. to 400 mg raw herb..... 40 mg
Non-medicinal Ingredients: Cellulose, silicon dioxide, magnesium stearate, gelatin.
 This product does not contain dairy, egg, gluten, shellfish, soy, sulfites or artificial colours, flavours or preservatives.
Risk Information: Consult a health care practitioner prior to use if pregnant, breastfeeding or if you have gallstones or anemia. Consult a health care practitioner if symptoms persist or worsen.
 STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Natures Harmony

Apple Cider Vinegar with Peppermint

A Digestive Aid

60 Capsules

Actual Size Grandeur réelle
 DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE PLOMBAGE INTERIEUR EST BRISÉ.
www.naturesharmony.com
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