

Detailed References Supporting Bragg Apple Cider Vinegar Supplements

Claim: Supports Healthy Weight Levels

1. E. Ostman, Y. Granfeldt, L. Persson, and I. Bjorck. "Vinegar supplementation lowers glucose and insulin responses and increases satiety after a bread meal in healthy subjects." *European Journal of Clinical Nutrition* 59: 983 - 988, 2005.
2. Tomoo Kondo, Mikiya Kishi, Takashi Fushimi, Shinobu Ugajin, Takayuki Kaga. "Vinegar intake reduces body weight, body fat mass, and serum triglyceride levels in obese Japanese subjects." *Bioscience, Biotechnology and Biochemistry* 73: 1837 - 1843, 2009.

Claim: Supports Healthy Blood Glucose Levels

1. Farideh Shishehbor, Anahita Mansoori, Fatemeh Shirani. "Vinegar consumption can attenuate postprandial glucose and insulin responses: A systematic review and meta-analysis of clinical trials." *Review* 127: 19 (2017).
2. C. Johnston, I. Steplewska, C. Long, L. Harris, R. Ryals. "Examination of the anti-glycemic properties of vinegar in healthy adults." *Annals of Nutrition and Metabolism*. 56: 74 - 79, 2010.
3. M. Mahmoodi, S. Hosseini-zijoud, G. Hassanshahi, S. Nabati, M. Modarresi, M. Mehrabian, A. Sayyadi and M. Hajzadeh. "The effect of white vinegar on some blood biochemical factors in Type 2 Diabetic patients." *Journal of Diabetes and Endocrinology* Vol. 4(1), pp 1-5, January 2013

Claim: Supports Healthy Cholesterol Levels

1. Tomoo Kondo, Mikiya Kishi, Takashi Fushimi, Shinobu Ugajin and Takayuki Kaga. "Vinegar Intake Reduces Body Weight, Body Fat Mass, and Serum Triglyceride Levels in Obese Japanese Subjects." *Bioscience, Biotechnology and Biochemistry* 73: 1837-1843 (2009).
2. Sofia Kausar, Muhammad Arshad Abbas, Hajra Ahmad, Nazia Yousef, Zaheer Ahmed, Naheed Humayun, Hira Ashfaq, and Ayesha Humayun. "Effect of Apple Cider Vinegar in Type 2 Diabetic Patients with Poor Glycemic Control: A Randomized Placebo Controlled Design." *International Journal of Medical Research & Health Sciences* 8: 149-159 (2019)

Claim: Helps generate energy at the cellular level

1. The Linus Pauling Institute's Micronutrient Information Center: *Micronutrients for Health*. Revised 2020. Oregon State University, Corvallis, OR, USA.
2. *Principles of Biochemistry*, by Lehninger, 7th Edition, David Nelson and Michael Cox, 2008. Chapters 14 - 16.