



**ENZYME SCIENCE™**  
EXCEPTIONAL FORMULAS

# APPLE CIDER VINEGAR

for **DETOXIFICATION & METABOLIC REJUVENATION\***

With the "Mother"



*Unlike many apple cider vinegar capsules, which just contains acetic acid, this exclusive blend includes the "mother"; with these added beneficial compounds, this formula offers even more health benefits.\*1*

Apple cider vinegar has been a household staple and a part of traditional medicine for more than 3000 years. Traditional vinegar is made through a fermentation process, adding yeast with a fermentable carbohydrate source (either fruit or grain) to form ethyl alcohol. Second, Acetobacter or acetic acid bacteria is added in, which converts ethyl alcohol to acetic acid. The actual fermentation process can vary from weeks to months, depending on the type of vinegar.

Apple cider vinegar is unique as it has a longer fermentation period, allowing for the accumulation of a multitude of organic acids and beneficial bacteria. This is referred to as the "mother," which gives apple cider vinegar so many beneficial properties. Typical vinegar contains up to 4% acetic acid, while apple cider vinegar has between 5-10.57% acetic acid providing more vitamins and minerals to promote overall health.

Many of the benefits of apple cider vinegar can be lost by a shortened fermentation process, quality ingredients and incorrect potency. Many individuals forgo taking apple cider vinegar due to its strong and sour taste, as well as large amounts of liquid apple cider vinegar taken orally can cause damage to tooth enamel.

Enzyme Science Apple Cider Vinegar includes additional beneficial compounds associated with the "mother," all while in the easy-to-take capsule form. This combination makes it well tolerated and eliminates bad taste and any possible damage to tooth enamel.

## SUPPLEMENT FACTS

Organic Apple Cider Vinegar 710 mg

### OTHER INGREDIENTS:

100% Vegetarian capsule (cellulose, water), rice concentrate

### CONTAINS NO:

Gluten, milk, casein, soy, egg, artificial colors or flavors

### RECOMMENDED DOSAGE:

Take 2 capsules with each meal.  
More may be taken as recommended by a healthcare professional.

**OUR QUALITY**



GLUTEN FREE



DAIRY FREE



SOY FREE



NO FILLERS

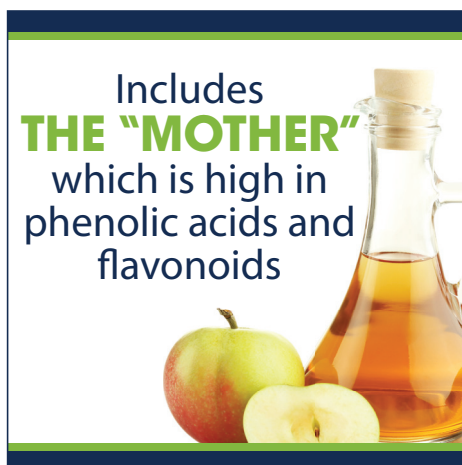
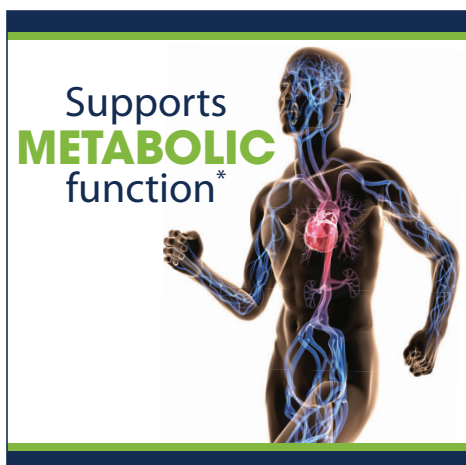


VEGAN



NON  
GMO

# 3 BENEFITS IN 1



## BENEFICIAL BACTERIA FOR DIGESTIVE INTEGRITY

Apple cider vinegar is well known for its benefits within the digestive system. Organic acids found in vinegars can easily pass-through cell membranes. This includes acetic acid and lactic acid, which are abundant in apple cider vinegar.<sup>2</sup> A recent study showed the antimicrobial effects of apple cider vinegar and how it supports a healthy balance of intestinal organisms, likely due to its high acetic acid content.<sup>3,4</sup> Promoting a healthy balance of intestinal microflora is important for overall health, including the immune system and digestive regularity.

## METABOLIC HEALTH

The benefits of apple cider vinegar goes beyond the digestive system; the key ingredient, acetic acid has been shown to support healthy glucose metabolism.\* This is through the activation of the free fatty acid receptor 2 (FFAR2) and an increase in 5'adenosine monophosphate-activated protein kinase (AMPK) activation.<sup>5</sup>

Key trace minerals, phenolic compounds and enzymes are included in this formula along with the "Mother". In a small and easy to swallow capsule, Enzyme Sciences' apple cider vinegar supports a healthy digestive tract and promotes metabolic health throughout the body.\*

## REFERENCES

<sup>1</sup> Johnston CS, Gaas CA. Vinegar: medicinal uses and antiglycemic effect. *MedGenMed*. 2006;8(2):61. Published 2006 May 30.

<sup>2</sup> Budak NH, Aykin E, Seydim AC, Greene AK, Guzel-Seydim ZB. Functional properties of vinegar. *J Food Sci*. 2014 May;79(5):R757-64. Review.

<sup>3</sup> Yagnik D, Serafin V, J Shah A. Antimicrobial activity of apple cider vinegar against *Escherichia coli*, *Staphylococcus aureus* and *Candida albicans*; downregulating cytokine and microbial protein expression. *Sci Rep*. 2018;8(1):1732.

<sup>4</sup> Ismael NF. "Vinegar" as anti-bacterial biofilm formed by *Streptococcus pyogenes* isolated from recurrent tonsillitis patients, in vitro. *Jordan J Biol Sci*. 2013;6(3):191-197.

<sup>5</sup> Lim J, Henry CJ, Haldar S. Vinegar as a functional ingredient to improve postprandial glycemic control-human intervention findings and molecular mechanisms. *Mol Nutr Food Res*. 2016 Aug;60(8):1837-49. doi: 10.1002/mnfr.201600121.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.