



Apple Cider Vinegar Wellness Drinks

Apple cider vinegar is the new “it” drink. Everyone from health bloggers to women’s magazines to Dr. Oz is raving about this buzzworthy health tonic. Even top celebs like actress Hillary Duff, Olympian gymnast Gabby Douglas, and pop star Katy Perry swear by the stuff. What’s all the fuss?

A “new” old drink

While it may be newly popular, drinking apple cider vinegar as a health tonic isn’t new at all. In fact, apple cider vinegar has been used to promote health and well-being in cultures around the world for centuries. The simple fact is: People love the way it makes them feel. There’s just one problem. Well... three problems. It doesn’t taste great. Drinking it straight can sting your throat. And undiluted, it can erode your tooth enamel. (Yikes!)

Here’s the good news

Flora’s new Apple Cider Vinegar wellness shots solve all three of these problems. Thoughtfully brewed in small batches at our facility in Burnaby, British Columbia, these daily wellness shots blend the tang of organic apple cider vinegar with the sweetness of organic apple juice concentrate, so they’re entirely drinkable—and entirely organic! Because the apple cider vinegar is diluted, the drinks don’t have that stinging sensation of straight apple cider vinegar, and they won’t harm your pearly whites either. (Phew!) But that’s not even the best part.

Taking apple cider vinegar to the next level

The truth is we’re not the only ones making apple cider vinegar drinks. You can find quite a few brands in stores and online that make this age-old remedy more palatable and less... burny.

However, we are the only ones taking apple cider vinegar to the next level.

How, you ask? Look at our ingredients. We start with the highest quality, US-made apple cider vinegar. Then we blend it with cleansing herbs. Finally, we enhance it with select botanicals like turmeric, ginger, and elderberry for an extra health and flavour kick.

You can choose from three unique blends, all with complex and enticing flavours. Earthy and aromatic **Turmeric & Cinnamon** will refresh you and support healthy digestion.* Rich and fruity **Elderberry** will quench your thirst and support your general health and well-being.* Spicy and sweet **Ginger & Lemon Flavour** will rejuvenate your senses and support healthy digestion.*

All three enticing blends of Apple Cider Vinegar are:

- Certified Organic
- Caffeine-free
- Non-GMO Project Verified
- Free of added sugar
- Gluten-free
- Vegan
- Safe to take every day
- Available as 100mL Wellness Shots and 500 mL bottles

Turmeric & Cinnamon

Enjoy the crisp tang of apple cider vinegar paired with an enticing combination of cinnamon and turmeric. The complex, earthy tones of cinnamon balance with the spice of turmeric, creating a robust wellness drink that will both refresh you and support healthy digestion.

Ingredients: Herbal preparation (water, burdock*, sheep sorrel*, turmeric*, slippery elm*, red clover*, blessed thistle*, rhubarb*, kelp*), apple cider vinegar*, sugars (concentrated apple juice*), cinnamon*, clove*, black pepper*.

Elderberry

Enjoy the crisp tang of apple cider vinegar combined with the rich, complex flavour of elderberry. This tart and flavourful wellness drink will quench your thirst and support your general health and well-being.

Ingredients: Herbal preparation (water, burdock*, sheep sorrel*, slippery elm*, red clover*, blessed thistle*, rhubarb*, kelp*), apple cider vinegar*, sugars (concentrated apple juice*), elderberry juice powder*.

Ginger & Lemon Flavour

Enjoy the crisp tang of apple cider vinegar combined with the refreshing citrus flavour of sweet lemon and the spicy notes of ginger. This stimulating wellness drink will rejuvenate your senses and support healthy digestion.

Ingredients: Herbal preparation (water, ginger*, burdock*, sheep sorrel*, slippery elm*, red clover*, blessed thistle*, rhubarb*, kelp*), apple cider vinegar*, sugars (concentrated apple juice*), natural lemon flavour.

SUGGESTED USE:

- Shake well before use. Enjoy a 100 mL serving before or with meals.
- Store at room temperature. Refrigerate after opening and consume within four weeks.

FAQ's:

Q: Does it have the Mother, is it unfiltered? A: Yes, all 3 are unfiltered and have the Mother.

Q: How and When should I take this and How Frequently? A: Shake well before use. Enjoy 100 mL, usually on an empty stomach before or with main meals. How frequently is your choice – we suggest 2 times daily.

Q: What is the typical dose? A: Most people take 1 teaspoon to 1 tablespoon of pure Apple Cider Vinegar as a serving (acetic acid 5 – 6%). Our servings have 2 teaspoons each.

Q: What organic standards are used for these vinegars? A: Organic to NOP standards in US; COR in Canada

Q: What is the Country of Origin for the Apple Cider Vinegar? A: USA

Q: Are there any cautions? A: Officially, no. Due to the 0.5-0.6 % acid content, those with sensitive or weak teeth may wish to drink with straw or rinse month afterward to prevent acid erosion of enamel; may irritate exiting ulcers when taking on empty stomach.

Q: Does the elderberry juice dilute the effect of the vinegar? A: **NO**, elderberry juice is in dried/crystal form.

Q: What testing is done on these apple cider vinegars? A: We test for identity, including genetically modified genes, microbiological contamination and contamination from heavy metals, pesticides and other chemicals. We also test the acid content, with High Performance Liquid Chromatography.

Q: What is the acid content of the vinegar? A: The finished products contain roughly 0.5 – 0.6, predominantly acetic acid, with portion of malic acid.

Q: How many calories in a wellness shot? A: Elderberry has 30 calories, the other two flavours have 25 calories each.