

NUTRITION INFORMATION

Typical values:	Per 5ml serving	Per 100ml	%RI*
Energy	1.66kJ 0.40kcal	33.2kJ 7.9kcal	0.4 0.4
Total Fat	0.01g	0.1g	0.1
of which:			
- Saturates	0g	0g	0
Carbohydrates	0.1g	1.4g	0.5
of which:			
- Sugars	0.01g	0.1g	0.1
Fibre	0.03g	0.5g	
Protein	0.01g	0.1g	0.2
Salt	0.002g	0.04g	0.8

*RI = Reference Intake of an average adult (8400kJ / 2000kcal)

INGREDIENTS: Organically grown apple cider vinegar.

May contain yeast.

DOES NOT CONTAIN: soya, wheat, gluten, maize, corn, lactose, dairy products, artificial preservatives, colours or flavourings. No added sugar, salt or starch.

Suitable for vegetarians and vegans.

This product is not tested on animals.

This superior PET bottle is 100% stable & non toxic.

HIGHER NATURE®

Ω OMEGA EXCELLENCE

Organic Apple Cider Vinegar

With *mother*
Unpasteurised

5% acetic acid

Vegan
350ml



Organic Apple Cider Vinegar

with *mother*

Unpasteurised

DIRECTIONS: Shake before use. Take 1-2 teaspoons (5-10mls) with 1 cup of water and 1 teaspoon of unpasteurised honey (optional), up to 3 times a day. Mix into salad dressings, sauces, marinades and pickling recipes. This zesty 100% Certified Organic Apple Cider Vinegar is made without chemicals and the natural fermentation process is taken to full-strength to create cloudy, earth-coloured vinegar with nutritious *mother* and 5% acetic acid. Each bottle provides seventy 5ml servings.



GB-ORG-05
German Agriculture

**STORE IN A COOL, DARK PLACE.
BEST CONSUMED WITHIN 12 MONTHS**

Batch No:

BBE:

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com

350ml

OECV350

110



OECV-317-01

