DIRECTIONS: Shake well before using. Take one tablespoon once or twice daily between or after meals as a dietary supplement.

## Nature's Diet & Health Secret

Apple cider vinegar has been valued for centuries for its many health benefits. Thanks to its numerous proteins. enzymes, friendly bacteria and high acetic acid content, apple cider vinegar helps promote weight loss, satiety and proper digestion. It is also aids detoxification and fluid balance.

Country Farms Organic Apple Cider Vinegar is raw and unfiltered, providing the cloudy strands of proteins known as the "mother" that you need to promote good health. This proprietary formula also contains ginger, cayenne and maple,1

Drink to your health!

- . Keep out of reach of children.
- . Store in a cool, dry place.
- . Protect from heat, light and moisture. . Do not use if inner seal is broken.
- · Refrigerate after opening.

†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.





## ORGANIC APPLE CIDER INEGAR

**GINGER, CAYENNE & MAPLE** 

CLEANSES & DETOXIFIES<sup>†</sup> HELPS BALANCE FLUIDS<sup>†</sup> SUPPORTS DIGESTION<sup>†</sup>

USDA

Raw & Unfiltered with Active "Mother"

16 FL OZ (473 mL) • DIETARY SUPPLEMENT

Supplement Facts Serving Size: 1 Tablespoon (15 mL) / Servings Per Container: 32 Amount Per Serving % Daily Value\* Potassium 20 mg <1% Proprietary Blend 15 a Organic Apple Cider Vinegar with mother. Organic Ginger root, Organic Dark Maple Syrup and Organic Cayenne pepper \*Daily Value not established.

"The "mother" is the brownish colored sedimentation at the bottom of the bottle that gives vinegar a cloudy or web-like appearance when the bottle is shaken,

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