

## Bragg Vinegar Health Drink

*Delicious, ideal pick-me-up at home, work, sports or gym. Perfect taken 3 times daily – upon arising, mid-morning and mid-afternoon.*

1 to 2 tsps Bragg Organic Vinegar in 8 oz Glass Purified Water and (optional) 1 to 2 tsps Organic Honey, 100% Maple Syrup, Blackstrap Molasses or 4 drops Stevia.

## BRAGG VINAIGRETTE or a Delicious Marinade

*Perfect for salads, dressings, greens, marinades, veggies and most foods.*

¾ cup Bragg Organic Vinegar  
½ cup Bragg Organic Olive Oil  
½ to 1 tsp Bragg Liquid Aminos  
1 to 2 cloves garlic - minced  
Pinch of Italian or salad herbs



3 John 2



# BRAGG™

RAW – UNFILTERED  
**ORGANIC**

**Aged  
In Wood**

# APPLE CIDER VINEGAR

**With the Mother**

**Ingredients:** Certified Bragg Organic Raw Apple Cider Vinegar is unfiltered, unheated, unpasteurized and 5% acidity. Contains the amazing Mother of Vinegar which occurs naturally as strand-like chains of connected protein molecules. **If sediment occurs, shake before using.**

Bragg Organic Raw Apple Cider Vinegar is made from delicious, healthy, organically grown apples. Processed and bottled in accordance with USDA guidelines, it is Certified Organic by Organic Certifiers and Oregon Tilth; and is Kosher Certified. Bragg Organic Raw Apple Cider Vinegar is full of zesty natural goodness. It's a wholesome way to add delicious flavor to salads, veggies, most foods, and even sprinkle over popcorn.

Apple Cider Vinegar has been highly regarded throughout history. In 400 B.C. the great Hippocrates, Father of Medicine, used it for its amazing cleansing and healing and energizing health qualities.

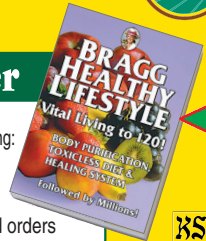
Recycle Bragg Liquid Aminos Spout Cap – it's great for this Bragg Vinegar bottle.

Distributed by: LIVE FOOD PRODUCTS  
Santa Barbara, CA 93102

## Health Book Offer

To receive Book, plus samples of the Bragg Liquid Aminos, a delicious seasoning:

- Send only \$10.95 post-paid to:  
**HEALTH SCIENCE**  
Box 7, Santa Barbara, CA 93102
  - or Call 800-446-1990 for credit card orders
- Print name, address, city, state & zip, allow 2 weeks shipping



**Lifestyle that keeps you Stress-Free!**

**BOOK OFFER**

Made from the juices of fresh, whole organic apples. Contains No Preservatives.

16 FL OZ (1PT) 473 mL



for more info visit ~ [www.bragg.com](http://www.bragg.com)

**Serving Health to America Since 1912**