

**Nutrition Facts**

64 Servings Per Container

**Serving Size 1 Tbsp. (15mL)****Amount Per Serving****Calories 0**

% Daily Value\*

Total Fat 0g 0%

Sodium 0g 0%

Total Carbohydrate 0g 0%

Protein 0g 0%

Potassium 11mg 0%

Not a significant source of vitamin D, potassium, calcium, iron.

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**

Organic &amp; Raw Apple Cider Vinegar and Purified Water (Diluted to 5% Acidity).

Can be stored at room temperature.

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PROUDLY BOTTLED  
IN VERMONT 

# Vermont Village

## Apple Cider Vinegar Raw & Organic

Always Unfiltered and Unpasteurized  
With the 'Mother'



32 FL OZ (946mL)



Your friends are right, Raw & Organic Apple Cider Vinegar has countless uses. Apple Cider Vinegar has been known for centuries as a healthy tonic. Data driven studies show the benefits of frequent use. Our smoother taste is a flavorful component for your kitchen and medicine cabinet alike.

### Live and Beneficial Includes the 'Mother'

Each bottle contains beneficial symbiotic long chain proteins often called the 'Mother.' Every batch is unique, the 'Mother' will grow with time. This formation settles to the bottom of the bottle so be sure to shake it up.

### Haymaker Punch (Switchel)

1/4 cup Apple Cider Vinegar • 1/4 cup honey  
• 1 tsp fresh ginger • 1 tsp lemon

Combine all ingredients in a quart sized container. Fill remaining container with spring water.

Shake well and store in a refrigerator.

Visit [Pinterest.com/vermontvillage](https://www.pinterest.com/vermontvillage)  
for more recipe ideas

**YES, SHAKE IT!**  
**THE BEST STUFF  
IS ON THE BOTTOM** ↓