

Apple Cider Vinegar 500 mg Capsules



Product Summary:

Apple cider vinegar has been used as a home remedy for centuries. Apple Cider Vinegar is used for a variety of health conditions or problems including weight loss, digestive difficulties, joint pain, infections and as a blood thinner. It is also used for adding acid to the digestive process.

Properties/Uses:

The claim as approved by *Natural Health Products Directorate* (NHPD): For the maintenance of good health.



GENERAL HEALTH
& WELLNESS



Pharmacology:

Apple cider vinegar is the fermented juice from crushed apples. It contains acetic acid, pectins, B vitamins, vitamin C and minerals such as potassium and calcium.¹

Apple cider vinegar has been used in homes for centuries in cooking and preserving. It has also been used as a home remedy externally, used for fungal infections and sunburns, and internally as an aid to digestion.^{2,3,4} The benefits of using apple cider vinegar for health reasons have been recognized for many years. Early natural health pioneer Paul Bragg touted a wide range of health benefits he experienced through dietary supplementation with Apple Cider Vinegar.

Currently finding new attention, proponents claim a diverse range of health benefits for apple cider vinegar. Perhaps the most comprehensive way to regard apple cider vinegar is as an aid to the digestive process. There may be a cascade of bodily beneficial effects when greater acidity is made available with meals. Digestive problems and heart burn are frequently related to a lack of gastric hydrochloric acid, not to hyperacidity as is often thought and promoted by antacid manufactures. Simply growing older raises the prospect of losing our capacity to produce adequate acid. This age-related lack of stomach acidity is well known; with 40 percent of postmenopausal women suffering from clinically important depressed acid levels. Proper acidity is required to effectively activate protein digestive enzymes. Stomach acidity is crucial to the broad range of metabolic steps underwriting wellness, all of which in some way need optimal protein digestion. Also closely related to its acidity, apple cider vinegar contributes valuable acid to the task of maintaining the acid/alkaline balance in the body as a whole that is otherwise exposed to a national dietary milieu that frequently favors alkalinity.

It has become very popular to regard apple cider vinegar as an aid in weight loss. However, there is no well-established physiological reason why apple cider vinegar should support weight loss. Studies have shown that acetic acid, one of the more significant components of vinegar, decreases mealtime glycemic load.⁵ When taken with white bread, acetic acid was found to decrease the glucose and insulin response, as well as increase satiety.⁶ One study of obese Japanese women found that acetic acid decreased body weight, BMI, waist circumference, waist-hip ratio and serum triglyceride levels.⁷

Apple cider vinegar is also being investigated as an antidiabetic therapy.⁸





Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

240's 7 77747 10288 4

NPN:

380021269

Expiry Date:

36 months from date of manufacture

Active Ingredients:

Each capsule contains:

Apple Cider Vinegar Powder (Malus sylvestris).(fruit)	500 mg
Potassium	300 mcg
Boron	4 mcg

Non-Medicinal Ingredients (in descending order):

Gelatin capsule (gelatin, purified water), magnesium stearate

Appearance:

Off white powder in a hard gelatin capsule.

Packaging:

160 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on the label applied to the exterior of the bottle.

Storage:

Store in tightly closed containers in a cool, dry place.





Dose:

No specific doses are supported by well-designed clinical trials.

Directions:

(Adults): 1–2 capsules, 3 times daily, preferably with plenty of water, or as recommended by a physician.

Caution:

The caution as approved by *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. Do not use if you are pregnant or breastfeeding. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

While apple cider vinegar is not endogenous, it does contain acetic acid, which can aid digestion if stomach acid production is inadequate. Signs of low stomach acid are bloating after meals, flatulence and nausea.

Drug Interactions/Contraindications:

Digestive problems may be reduced or eliminated by using Bromelain as a protein digestive enzyme or a more comprehensive preparation of digestive enzymes. Vinegar is not usually associated with drug interactions. The acidity of the dosage will not present a strong increase in stomach acid. Drugs capable of undergoing esterification with acetic acid may interact with vinegar.

Toxicity/Adverse Reactions:

Vinegar has been used for centuries as a food ingredient without any adverse effects.

Theoretically, overuse may decrease serum potassium levels.¹





There have been two reported adverse events with apple cide vinegar. In one report an individual developed hypokalemia, and osteoporosis after ingesting 1 cup of apple cider vinegar daily for 6 years. In the second report, a female patient had a apple cider vinegar tablet lodged in her throat for 30 minutes. She developed tenderness and pain in her larynx and difficulty swallowing for 6 months following the incident. This was thought to be due to the acid content of the tablet.¹





Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Corn Products
Artificial Flavors	Starch/Modified Starch
Artificial Sweeteners	Sulphites (<10 ppm)
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of animal products

Kosher





References:

1. Natural Medicine Comprehensive Database (NMCD), Apple cider vinegar Monograph, Accessed September 19, 2010 [Available from: <http://www.naturaldatabase.com/>]
2. Rona, Zoltan. Encyclopedia of Natural Healing, Alive Publishing, Burnaby, BC, 1997
3. Balch, Phyllis A. Prescription for Nutritional Healing, Avery Publishing Group, New York, 1997
4. Mindell, Earl. Amazing Apple Cider Vinegar, Keats Publishing, Los Angeles, 1998
5. Johnston CA, Buller AJ. Vinegar and peanut products as complementary foods to reduce postprandial glycemia. J Am Dietetic Assoc 2005; 105(12): 1939-1942.
6. Östman E, Granfeldt Y, Persson L, Björck I. Vinegar supplementation lowers glucose and insulin responses and increases satiety after a bread meal in healthy subjects. Eur J Clin Nutr 2005; 59: 983-988.
7. Kondo T, Mikiya K, Fushimi T, Ugajin S, Kaga T. Vinegar intake reduces body weight, body fat mass and serum triglycerides levels in obese Japanese subjects. Biosci Biotechnol Biochem. 2009; 73(8): 1837-1843.
8. White AM, Johnston CS. Vinegar ingestion at bedtime moderates waking glucose concentrations in adults with well-controlled type 2 diabetes. Diabetes Care. 2007 Nov; 30(11): 2814-2815.

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