

Frequently Asked Questions About Apple Cider Vinegar

1) Why should I use Apple Cider Vinegar?

Traditionally Apple Cider Vinegar has long been regarded as a versatile folk remedy due to its mineral content. It promotes a healthy acid/alkaline balance. Omega Nutrition's Apple Cider Vinegar is just as important a part of the diet today as it was 100 years ago.

2) How can I take Apple Cider Vinegar?

Many people take one tablespoon a day in water. You can use it in cooking or to make salad dressings. Its crisp zesty flavor lends itself well to culinary usage.

3) Why is Omega Nutrition's Apple Cider Vinegar better than other brands?

Our Apple Cider Vinegar is carefully prepared to retain the healthful properties of certified organic apples. Certified apples contain fructose and complex carbohydrates. They are also a good source of Vitamin C and other trace minerals. Omega Nutrition's Apple Cider Vinegar is prepared and packaged in certified organic facilities, and made the old fashioned way in a two-stage process. The juice of the organic apples is naturally fermented, and the subtle characteristics of the apples are unaltered by cooking, filtering or other processing. The juice is extracted without the use of heat, or adding any clarifiers, enzymes or preservatives. Our Apple Cider Vinegar is not pasteurized, filtered or diluted with water to guarantee a full-strength nutritionally valuable vinegar (5% acidity) that retains all natural plant sediments along with pectin, trace minerals, beneficial bacteria and enzymes. Omega's Apple Cider Vinegar is kosher certified and is stored and bottled in black HDPE containers to protect it from the damaging effects of light.

4) Do I need to refrigerate my Apple Cider Vinegar?

No, you may notice that other vinegars sold in clear glass bottles have brown oxidized color. Omega's Apple Cider Vinegar is shelf stable for 5 years and protected from photo-oxidation by Omega Nutrition's opaque bottle. Because of our exclusive omegaflo® process, our Apple Cider Vinegar retains its original amber color. This process protects our Apple Cider Vinegar from light, which causes free radical activity and the breakdown of vital nutrients.

5) What is the "Mother"?

Omega Nutrition's Apple Cider Vinegar contains "mother" and other naturally occurring sediments that add to the value of the vinegar. "Mother" is the name for the natural protein strands formed by beneficial bacteria in unpasteurized vinegar. It's not spoiled or harmful- the "mother" is simply a characteristic of raw unpasteurized vinegar.