



LAYCOCK

APPLE CIDER VINEGAR

— with the Mother —

*Made from pressed
locally grown apples
& left to mature for
up to 5 years.*

Unpasteurised & unfiltered with "the Mother" visible. This means there are proteins, enzymes and friendly bacteria present, which are beneficial to your health.



Vegan Friendly



In Food:



Dressings: Use apple cider vinegar to make salad dressings & vinaigrettes.



Marinades: Mix vinegar with salt & sugar or olive oil to produce your own version of marinade. An acidic ingredient like ACV, breaks down the food's surface and allows the flavor to get in. Can be used for meat, fish or vegetables.



Quick Pickling: ACV can be used for this, mix equal parts vinegar and water, then add a tablespoon of salt and sugar per cup.



Balance Saltiness in Reductions:

Braise dark, leafy greens in oil (or water) and spices, then add some ACV & allow everything to cook down.



Vegan Buttermilk: Combine one cup of non-dairy milk with a tablespoon of ACV and let it sit at room temperature for ten minutes (the acidic milk, when combined with baking soda, gives a lighter texture to baked goods).

The 6 main health benefits:

Recommended Daily Dosage rate for Human Health:
10ml (two teaspoons) twice a day in a glass of water or fruit juice. (Best taken with food if you have a sensitive stomach).



Helps improve digestion

Unpasteurised apple cider vinegar contains gut-friendly bacteria that keep your digestive system working properly. Can provide relief for Indigestion, Constipation, Flatulence & IBS.



Helps you lose Weight

If taken before a meal, ACV will make you feel fuller so likely to eat less. ACV contains magnesium, iron, phosphorus, manganese, amino acids, anti-oxidants & only 3 calories per tbsp.



Blood sugar management

Studies suggest that taken as part of a meal containing carbohydrate, ACV can improve glucose and insulin levels after you've finished eating (similar to that of the blood-sugar-lowering drug metformin). Two Tbsp of ACV at bedtime improved glucose levels on waking.



Supports your Immune System

ACV (naturally high in acetic acid) fights harmful bacteria. Healthy bacteria can help your body recover sooner when you get sick. ACV is also known to have anti-viral, anti-yeast & anti-fungal benefits, supporting overall immune balance.



Improves your Hair, Skin & Nail Health

Use on hair to restore your scalp & hair's pH to combat dandruff or dry frizzy hair. Use as a toner to help balance skin pH or as a soak for dry feet/fungal nails.



Improves Heart Health:

Apple Cider Vinegar lowers triglycerides which can cause fatty plaque along your arteries to build up, so helps reduce blood pressure. Also contains a fibre called Pectin which can help lower cholesterol.

***Fancy something
sweeter?***



**Try our Apple Cider
Vinegar sweetened with
natural, pressed
BLACKCURRANT**



MADE FROM PRESSED
LOCALLY GROWN APPLES
AND ALLOWED TO MATURE
FOR UP TO 5 YEARS

Ingredients: fermented, pressed
cider apple juice

Storage: Store in a cool, dry place
out of direct sunlight

Suitable for:



6.5% ACIDITY
(ACETIC ACID)



*Endorsed by Independent
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