ACV500

Maintains body acid/alkaline homeostasis and controls blood sugar level | VA-006

Key Features:

- Maintains the acid/alkaline balance of body fluid, which can help with gout, hyperuricemia, detoxification, and metabolic and immune functions.
- Helps in weight management by prolonging satiety after meals and delaying gastric emptying.
- Helps in mild blood glucose control by regulating postprandial glucose levels and insulin response.
- Efficient diuretic for water retention problems.

Indication:

- For people experiencing metabolic, immune or detoxification problems due to body fluid acid/ alkaline imbalance.
- For people with or at risk of hyperuricemia and gout.
- As a weight management aid.
- For people requiring mild blood glucose control.

Description:

With its overall ability to maintain some of the body's most important balances, especially the acid/alkaline balance of body fluid, Apple Cider Vinegar offers a wide variety of health promoting benefits including detoxification, regulation of metabolic and immune functions, blood sugar control, weight management, and mitigation of gout and hyperuricemia.

Apple Cider Vinegar supplement may increase uric acid excretion.

Gout is caused by accumulation of uric acid crystals on the articular cartilage of joints (especially the extremities, such as toes and fingers), tendons, and surrounding tissues. These deposits provoke inflammatory reaction of the nearby tissues and cause a lot of pain.

Hyperuricemia is a common feature of gout since uric acid is more likely to accumulate and crystallize when in excess. Hyperuricemia is defined as a plasma urate level greater than 7 mg/dL (0.42 mmol/L) in men or 6 mg/dL (0.36 mmol/L) in women. Hyperuricemia can be treated by lowering uric acid synthesis or enhancing uric acid excretion.

Quantity: 84 Vegetarian Capsules

Ingredients (per capsule):
Apple cider vinegar powder.....500 mg
(*Malus sylvestris*) (fruit) (35% acetic acid)

Non-medicinal Ingredients: Silicon dioxide, L-Leucine, pullulan/ hypromellose (capsule)

Suggested Use:
Adults - Take 1-2 capsules, 3 times a day at mealtimes or as directed by a health care practitioner.

Serum pH levels play a crucial part in urate excretion due to the fact that the solubility of uric acid reacts dramatically to even a slight increase in pH level. As pH increases from 5 to 6, the solubility of uric acid increases 10 fold, making excretion more efficient. Therefore, a more alkaline body fluid can help to soothe hyperuricemic symptoms.

Potassium is an essential trace mineral that alkalizes body fluids. Our main dietary source of potassium is vegetables; however, potassium is often lost in the cooking process. Apple Cider Vinegar, on the other hand, is an abundant source of potassium for the regulation of the body's acid/alkaline balance. promoting uric acid excretion and reducing the risk of gout.[1]

Other benefits of Apple Cider Vinegar

Acid-alkaline homeostasis is also critical to health and immune function.[1] Slight alterations in extracellular fluid pH may compromise the body's ability to remove toxins, causing weaker immune function.[1] Increasing dietary acid loads in contemporary diet can lead to a disruption in acid-alkaline homeostasis and eventually result in chronic disease through repeated

borrowing of the body's alkaline reserves.[2]

Adjustment of tissue alkalinity with Apple Cider Vinegar can lead to more effective excretion of toxins from the body.

Apple Cider Vinegar, when taken with meals, has been proven capable of lower postprandial glucose and insulin responses to a high-carbohydrate meal.[3] Additionally, the intake of Apple Cider Vinegar appears to not only increase but also prolong satiety.[4] This, and delayed gastric emptying, can help to limit the daily intake of food, and therefore, help with weight management and blood sugar control.[5]

Reference:

1. Minich DM and Bland JS. Acid-Alkaline Balance: Role in Chronic Disease and Detoxifi cation. Alternative Therapies. 2007. 13 (4): 62-65.
2. Remer T and Manz F. Potential renal acid loads of foods and its infl uence on urine pH. J Am Diet Assoc. 1995. 95 (7): 791-797.
3. Östman E, Granfeldt Y, Persson L, and 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.
4. Lijeberg H and Bjőorck. Delayed gastric emptying rate may explain improved glycaemia in healthy subjects to a starchy meal with added vinegar. Eur J Clin Nutr. 1998. 52: 368-371.
5. Tsunoda S, Kamide K, Minami J, Kawano Y. Decreases in serum uric acid by amelioration of insulin resistance in overweight hypertensive patients: effect of a low-energy diet and an insulin-sensitizing agent. AJH. 2002. 15: 697-701.

Caution: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

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