



12 GENIUS USES FOR APPLE CIDER VINEGAR

From cleaning your house—and yourself—to helping remedy minor ailments, apple cider vinegar has you covered. Put through a unique filtration process, ACV retains many nutrients white vinegar can't and therefore has many unlikely uses. *These hacks will change your life!*

1 SOFTEN YOUR LAUNDRY

Forgo dryer sheets and dodge the chemicals by simply adding ½ cup of ACV to the wash.

2 DE-STINK YOUR HANDS

Get rid of strong odors such as garlic or fish by pouring a tablespoon or two of ACV on your hands as you wash them with warm water.

3 FIGHT OFF FRUIT FLIES

Ward off these pests once and for all! Pour some apple cider vinegar into a shallow dish and leave it on your kitchen counter (or wherever fruit flies like to hang out).

4 REPEL FLEAS

In a spray bottle, combine 4 ounces of warm water, 8 ounces ACV and a ½ teaspoon of salt. Shake gently, then spray **directly onto your pet's fur**, avoiding their eyes, nose and mouth. It's best used before your pet heads outside. *Check with your vet before using.*

5 SOOTHE A SUNBURN

Relieve sun-scorched skin by adding a cup of apple cider vinegar to your **bath and soak** for at least 10 minutes. Alternatively, soak a cloth in a solution of half water and half ACV and apply to affected area.

6 DEODORIZE THE TOILET

Pour a cup of apple cider vinegar in your toilet and let it sit with the seat down overnight. Just scrub and flush the next day! The vinegar will **clean and disinfect** the toilet bowl and will leave the bathroom smelling fresh and clean.

7 CLEAN ALMOST ANYTHING

best, non-toxic, all-purpose cleaners. Its **antibacterial properties** are a great **natural disinfectant**. Just mix ½ cup ACV with 1 cup water in a spray bottle. Go to town and clean countertops, floors, stoves, refrigerators, sinks, bathtubs and even your body!

8 NATURAL PRODUCE WASH

Give veggies a **deep clean** with a natural produce wash that helps disinfect and extend the life of some fruits and veggies. Mix a ½ cup of ACV, ½ cup fresh lemon juice and ½ cup water in a spray bottle. Shake to combine. Spray directly onto produce, let sit for 5 minutes and rinse off.

9 EASE HEARTBURN

If you're eating a lot of acid and heartburn-inducing foods, apple cider vinegar can be used to **neutralize the acids** in your stomach. Add a tablespoon of ACV to a glass of water before or after meals.

10 MAKE BUTTERMILK

Mix 1 cup whole milk with one tablespoon apple cider vinegar and let sit at room temperature for a few minutes. Once the **mixture slightly thickens**, it's ready to use in your favorite biscuit or pancake recipe.

11 BOOST YOUR ENERGY

One of the most useful uses for apple cider vinegar is a **natural energy booster**. It contains enzymes and potassium that work as a natural electrolyte solution. Add a tablespoon or two of ACV to a glass of water to regain your energy.

12 CLEAR YOUR SINUSES

Apple cider vinegar may **help treat sinus infections**. For some relief, add a little to your humidifier.

TIPS FOR SAFE USAGE

To lower the risk of unwanted effects:

- Reduce the quantity of vinegar consumed
- Limit the amount of time vinegar touches the skin
- Dilute vinegar with water
- Drink vinegar solutions through a straw to limit contact with teeth

People with digestive issues, low potassium levels or diabetes should consider speaking to a doctor before consuming apple cider vinegar.