

## Recommended Brands for Apple Cider Vinegar:

### 1. BRAGG Apple Cider Vinegar



The company stands behind their quality noting that 100% of the apples used in this vinegar come from the United States. The apples are completely organic and free of pesticides and arsenic. The large wooden barrels that they use help to encourage a more natural fermentation.

### 2. Vitacost Apple Cider Vinegar



This brand is a little less expensive than Bragg but has all the qualities that you look for in a good apple cider vinegar. It uses 100% organic apples, in unpasteurized, and it has the "mother" included in every bottle. When you pick up the bottle you will see the stringy sediment at the bottom so you know you are getting all the nutrients from this vinegar. There are no artificial colors or flavorings and no sugar added. Besides being kosher, it is compatible for vegetarians.

### 3. Fleischmann's Apple Cider Vinegar



Making vinegar since the 1920s, this company started making vinegar when they used the alcohol that was created from the growth of the yeast. Ultimately this cut down on the production of alcohol so they began creating specialty vinegars.

### 4. Dynamic Health Apple Cider Vinegar



Besides making quality cider vinegar, this company has been putting out a variety of health products and supplements since 1994. All of their items are halal-certified, organic and kosher. Their apple cider vinegar is priced competitively and is priced right for the quality they provide.