

**PURE
ORGANIC
GOODNESS**

J.K.'S FARMHOUSE HAYBALER

For centuries this restorative drink has quenched the thirst of hard workers on farms across North America including ours. Our farmhouse switchel is a natural blend of organic apple cider vinegar, Michigan spring water, honey and fresh root ginger. By the jugger or by the mug, let this drink of the past naturally quench your thirst today.



Certified Organic by ECOCERT ICO
www.orchardgategold.com
Distribution • Orchard Gate



355 mL
(12 FL. OZ.)

REF 5: ME 1A H 5c

ICASH REFUND

NO SULFITES • NO SOBITOL
GLUTEN FREE
NO PRESERVATIVES

NON-ALCOHOLIC / NON-CARBONATED

Nutrition Facts

Amount Per Serving		% Daily Value*
Calories 140		
Total Fat 0g		0%
Sodium 15mg		1%
Total Carbohydrate 30g		12%
Protein 0g		

*Percent Daily Values are based on a 

Ingredients: Spring Water, Farmhouse Apple Cider Vinegar, Honey, & Organic Root Ginger.

**1 Historical Use of
Apple Cider Vinegar:**

**2 TBS 30 MINUTES BEFORE
EATING A MEAL**

The information in this brochure is provided as a resource only. This information is not to be used or relied upon for any diagnostic or treatment purpose. This information is not intended to be patient education, and should not be used as a substitute for professional health advice, diagnosis and/or treatment of any ailment or medical condition.

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**J.K.'S FARMHOUSE CIDERS
AT
ALMAR ORCHARDS
OFFER YOU**

**3 Reasons To Drink
Haybaler
Organic Switchel**



YOU SHOULD ALWAYS SPEAK WITH A HEALTHCARE PROFESSIONAL BEFORE TAKING ANY DIETARY, NUTRITIONAL, HERBAL OR HOMEOPATHIC SUPPLEMENT.

Reason #1

INGREDIENT: Organic
Apple Cider Vinegar

(We encourage you to Google something like, "Using Apple Cider Vinegar Daily". You'll find a wealth of information!)

One study can be found here:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2245945/>

If you were to ask our customers why they drink our *Haybaler Organic Switchel* they would say many different things. At the top of the list would be the treatment of digestive issues, inflammation, sleep disturbances, high blood pressure and weight gain.

If you're following an "alkaline diet", you'll be happy to know that *Apple Cider Vinegar* contains acetic acid. It is alkaline forming in the digestive tract. Acetic acid can also help your body absorb certain nutrients in the foods you consume.

Reason #2

INGREDIENT:
Organic Honey

(We encourage you to Google something like, "Health Benefits Of Organic Honey.") Two informative articles on the properties and benefits of honey can be found here:

http://www.naturalnews.com/026847_honey_raw_food.html
And here:
<http://science.naturalnews.com/pubmed/19673699.html>

There are numerous studies which provide evidence supporting both antibacterial and antifungal properties of honey. Many of our customers have removed sugar from their diets and replaced it with honey. Some of the health benefits they have seen are seasonal allergy relief, improved sleep patterns, and increased immunity to colds and flu.

Reason #3

INGREDIENT:
Organic Ginger

(We encourage you to Google something like, "Using Ginger In My Diet".) This is a very interesting study by

The University of Maryland:
<http://umm.edu/health/medical/altmed/herb/ginger>

Traditionally, ginger root has been used to treat various ailments and conditions. Some individuals drinking our *Haybaler Organic Switchel* have found it helpful in several of these areas. (The following list can be found here:

<http://www.anniesremedy.com/>)

* Arthritis

* Cardiovascular

* Cholesterol * Circulation * Colds

* Cramps/abdominal

* Digestion * Dysmenorrhea

* Fibromyalgia * Flu * IBS

* Longevity Tonics * Lupus * Nausea

* Rheumatoid arthritis