



## **Apple Cider Vinegar**

- **Helps joint discomfort**
- **Promotes balanced glucose levels**
- **Encourages weight loss by breaking down fats**
- **Used externally to give skin a health appearance**
- **Great external remedy for acne and dandruff**
- **Natural heart burn remedy**

**Plus, many other benefits**

**3141 W. Roosevelt Rd. • Chicago, Illinois • 60612 • 773-762-1090**

 **nlhealthchicago.com**  
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