

How To Safely Give Apple Cider Vinegar

To Your Baby



Dilute ACV before feeding to make it safer for them to digest



Give no more than 1-2 tablespoons per day



Add ACV to your baby's food for the tangy flavor



Always give filtered and pasteurized ACV to your little one



Use diluted and filtered ACV even for topical use



Consult a doctor before giving ACV for therapeutic purposes

