



Take the Marukan ACV 24 Day Challenge!

#Marukan24DayChallenge



Enjoy 1 ounce of Marukan Apple Cider Vinegar daily for 24 days to help support your health and wellness! Try our delicious Apple Cider & Rice Vinegar Drink Blend as a daily shot or add our Marukan Apple Cider Vinegar to your favorite smoothies, recipes or drinks.

S	M	T	W	T	F	S
1  Drink a 1 oz. shot of our Apple Cider & Rice Vinegar Drink Blend	2 Blueberry Apple Cider Vinegar Smoothie  	3 ACV has been linked to weight loss; improved digestion, heart and skin health; increased immunity; and help manage diabetes.	4  Drink a 1 oz. shot of our Apple Cider & Rice Vinegar Drink Blend	5 Healthy and Delicious Detox Fruit Smoothie  	6  Drink a 1 oz. shot of our Apple Cider & Rice Vinegar Drink Blend	7 Oven Roasted Apple Cider Vinegar Chicken Thighs 
8 Orange Apple Cider Vinegar Shots  	9 In ancient Greece, Hippocrates, the father of modern medicine, prescribed ACV mixed with honey for coughs and colds.	10 Waldorf Salad 	11  Drink a 1 oz. shot of our Apple Cider & Rice Vinegar Drink Blend	12 Halfway point! Be sure to note how you are feeling and take another Apple Cider & Rice Vinegar Drink Blend 1 oz. shot!	13 Mixed Berry Apple Cider Vinegar Smoothie  	14  Drink a 1 oz. shot of our Apple Cider & Rice Vinegar Drink Blend
15 Dr. Oz was one of the first to discuss the health benefits of ACV during a 2/5/18 segment on "The Dr. Oz Show."	16 Green Detox Apple Cider Vinegar Smoothie  	17  Drink a 1 oz. shot of our Apple Cider & Rice Vinegar Drink Blend	18 Apple Cider Vinegar Beef and Broccoli 	19  Drink a 1 oz. shot of our Apple Cider & Rice Vinegar Drink Blend	20 Organic, unfiltered ACV contains "the mother" which consists of strands of proteins, enzymes, and friendly bacteria.	21 Apple Cider Vinegar Pineapple Smoothie  
22  Drink a 1 oz. shot of our Apple Cider & Rice Vinegar Drink Blend	23 Vinegar dates to at least 5,000 B.C. when the Babylonians used dates to make vinegar for food, preserving and pickling.	24 Congratulations! Drink your last 1 oz. Apple Cider & Rice Vinegar Drink Blend Shot How do you feel?		Visit www.MarukanACV.com to learn more about our new products.  Marukan, brewer of premium vinegars for ten generations, has introduced a one-of-a-kind, great-tasting Organic Apple Cider & Rice Vinegar Drink Blend for your daily wellness routine and a New Organic Apple Cider Vinegar perfect in your favorite recipes or drinks! Made from fresh-pressed apples grown in the U.S., both Marukan apple cider vinegar products include the Mother of Vinegar and are raw, unfiltered, gluten-free, and fat-free, as well as certified organic, Non-GMO, and Kosher. The products are now available on Amazon.com.		