

Honey Bee News Letter

~Vinegar version~

Thank you so much for your continuous support for Sugi Bee Garden.

This customer feedback and product information will be issued regularly, to enhance your customers and end-users satisfaction, which shall lead to becoming a frequent user. We hope this will be a help of you.



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Survive the Summer with Honey and Vinegar! Food Synergy

During the hot and humid weather in summer, the temperature difference between indoors and outdoors also hits your body. The keywords to survive such a harsh climate are "honey" and "vinegar", which are known for their health power. Make use of the effect of adding the two items to build a body that will overcome the summer.

"Vinegar" and "Honey" become alkaline inside the human body, so they are useful for maintaining good health.

Both "Honey" and "Vinegar" are acidic under normal conditions, but once taken into the human body, they have the function of neutralizing the inside of the body with alkalinity. People who do exercises such as walking and training to maintain their health, and those who have difficulty getting rid of their daily fatigue, tend to become acidic, are recommended to take in "Vinegar" and "Honey," which are foods that neutralize with alkalinity, to help you recover from fatigue.



● Good ingredients contained in vinegar

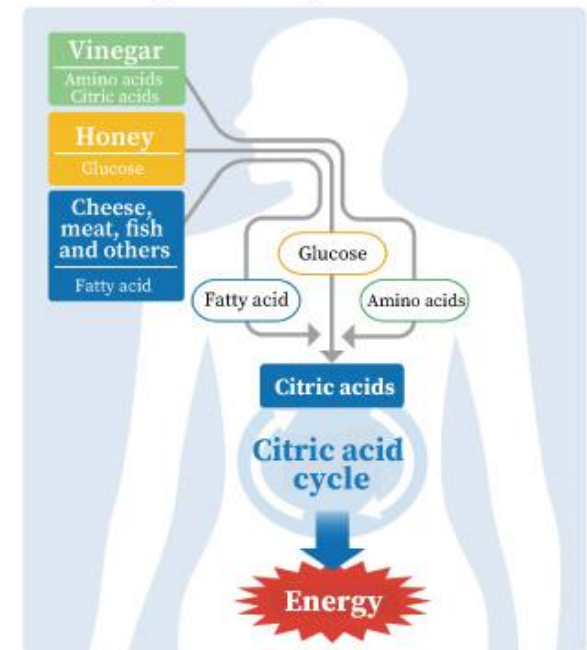
Acetic acid has a diet support function that suppresses the accumulation of fat.

Citric acid has the function of converting fat in the body into energy and consuming it.

Amino acids have the function of accelerating the speed of recovery from fatigue.

Take measures against summer heat fatigue with the citric acid cycle

Our body produces energy from glucose by a mechanism called the "citric acid cycle." It can be said that citric acid is a necessary component for energy that is indispensable for life activities.



Honey and Vinegar Drink



Vinegar brings out the flavor of fruits!

Refreshing and delicious, perfect for summer!!

● Ingredients (for 1 serving)

- "Honey and Apple Vinegar" 20mL
- Carbonated water 100mL
- Your favorite fruit Preferred amount for the glass
- Mint and lemon Preferred amount

● How to make

- 1 Add fruit cut to a size that is easy to eat and "Honey and Apple Vinegar" in a glass.
- 2 Add carbonated water, mix quickly with a drink stirrer, and add sliced lemon or mint.

Fruit components are rich in malic acid and citric acid, which activate energy metabolism and help recover from fatigue. In addition, some phytochemicals with excellent antioxidant activity are unique to fruits, and the proportion of water-soluble dietary fiber is higher than vegetables.

