

# HONEYBEE News Letter

～ Vinegar ～

July Issue vol. 29

Thank you for your continued support for Sugi Bee Garden.

This News Letter will be regularly sent out with product information and customer feedbacks of Sugi Bee Garden.

We hope you find it useful.





# Honey and Apple Cider Vinegar with Royal Jelly

( Honey and apple cider vinegar containing royal jelly )

Royal jelly, which is famous as a treasure trove of nutrients, is added to "Honey and Apple Cider Vinegar," which is a blend of mellow flavored apple cider vinegar made from apple juice and Sugi Bee Garden's precious honey. Make use of it for your daily health habits.

## 《How to enjoy》

- You can use it as it is as a dressing
- Dilute it 4 to 5 times with milk for a yogurt flavor
- Dilute 4 to 5 times with water and add ice
- Add it in shochu or whiskey for a handmade cocktail



Honey and Apple Cider Vinegar with Royal Jelly Drink



# Honey and Apple Cider Vinegar

The mellow flavored apple cider vinegar made from apple juice and the Sugi Bee Garden's precious honey are blended in an original ratio which we pursue for flavor. It is very useful not only for family's easy health habits but also for daily cooking.

## Honey and Vinegar Drink

### Ingredients (for 1 serving)

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

### How to cook

- 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.



# Synergistic Effect! Surviving Summer with Honey and Vinegar

In the hot and humid summer, the temperature difference between indoors and outdoors also hits the body. The keywords to survive such a harsh situation are "honey" and "vinegar", which are known for their health power. Make use of the effect of the two additions 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

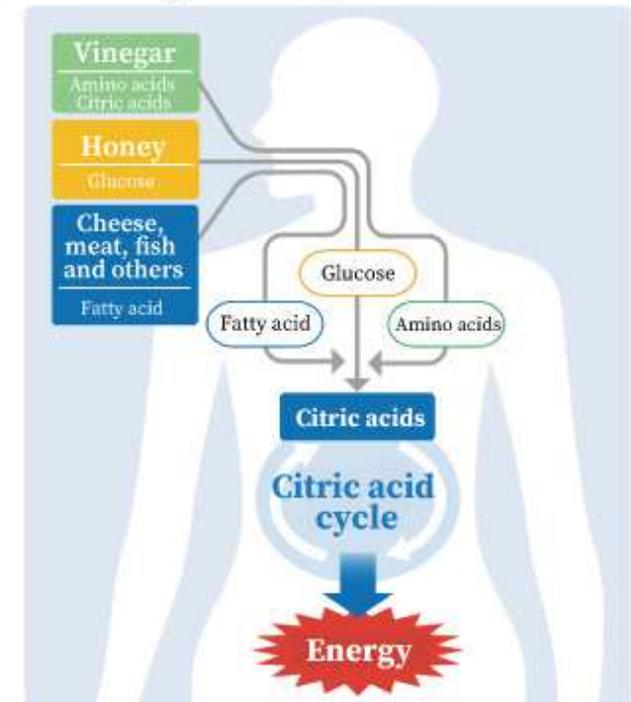
Acetic acid has a diet support function that suppresses the accumulation of fat.

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.



# Make Vinegar a Daily Habit, a Health and Beauty Ally

## Using Vinegar for Your Dishes

On days when you feel tired, be sure to add vinegar to your dishes! Vinegar effectively replenishes glycogen, one of the body's energy sources, to support a lively life. In addition, it is said that adding foods and drinks using vinegar in your meal will moderate the increase level after eating.



## The Body can be Refreshed by Continuing to Take Vinegar A Good Friend for Everyone, Even for Beauty

It is said that vinegar works on pot bellies by taking it continuously every day. In addition, abundant amino acids are the raw material for collagen, which improves the firmness and moisturization of the skin! Cystine is an essential ingredient to keep your skin beautiful.

