



Hainle Vineyards - 15 Year Old Red Wine Vinegar

The healing powers of vinegar



Red wine vinegar has been used for centuries as a cure-all, and its benefits are now being confirmed by scientific research.

It has even been credited with helping the Roman army succeed.

Latin historian Spartianus apparently recorded that vinegar mixed with water was the drink that helped soldiers survive battle, as well as the various alien climates they encountered.

Medical experts agree that the healthier you are, the younger your body stays. Not only is red wine vinegar full of anti-ageing antioxidants, it is cholesterol free, sodium free, and fat free.

Without doubt it can help stave off age-related ailments such as heart disease and cancer.

Like wine itself, red wine vinegar is flavanoid-rich and can help lower your cholesterol levels, which again lessens the risk of heart attacks, strokes and high blood pressure.

Vinegar acts as a substitute for salt, and a low fat, low sodium diet is important for a healthy heart as we get older.

Red wine vinegar adds flavour to low-fat, heart-healthy foods such as beans, vegetables, fruit, pasta and whole grain cereals.

Harvest

Avg.sugar	0
Bottling	March 5 2014
Cases	1000
Alc/Vol	0.0 %
Residual sugar	0.0 g/l
Acid	5.0 g/l
Cellar Potential	over 50 years