



## Hainle Vineyards - 15 year old White Wine Vinegar

The healing powers of vinegar



### Overview

White wine vinegar consists of fermented ethanol which is aged to form a less acidic form of traditional vinegar. People throughout the world include white wine vinegar in a variety of recipes, and also use it for cleaning. Over the years, many people have touted the health benefits of white wine vinegar, and modern research offers some support for their beliefs.

### Blood Sugar and Appetite Control

A 2005 study published in the "European Journal of Clinical Nutrition" showed white wine vinegar reduced the glycemic index of food when it was consumed along with a meal. In healthy patients, this vinegar may help regulate blood sugar and provide short-term appetite control. The same study found that white wine vinegar reduces insulin sensitivity in diabetic individuals, and may help to slow progression of the disease.

### Anti-Tumor Properties

An article published in "Medscape General Medicine" in 2006 links white wine vinegar consumption with anti-tumor properties, suggesting a potential link between vinegar and cancer. In laboratory tests, white wine vinegar was shown to slow the progress of some types of tumors, or even to prevent new tumors from forming. This property may be attributed to vinegar's high polyphenol content. Like other antioxidants, the polyphenols found in white wine vinegar may reduce cancer risk due to their ability to neutralize free radicals in the body.

### Harvest

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