

CLASSIC VINAIGRETTE

Ingredients: 2 dessert spoons Melrose Apple Cider Vinegar,
6 dessert spoons of oil, salt, freshly ground pepper.

OMEGA-3 SALAD DRESSING

180ml Melrose Flaxseed Oil
60 ml Melrose Apple Cider Vinegar
1 teaspoon Dijon Mustard
2-4 cloves of garlic, finely chopped
1 teaspoon Tamari
6 drops Tabasco
1 dessertspoon fresh basil, chopped
1/4 cup Parmesan cheese, grated
1/2 teaspoon sugar
1/2 teaspoon tomato paste
Blend all ingredients - use within 1 week.

CELERY VINEGAR

1 teaspoon salt
2 cups chopped celery
1 litre Melrose Apple Cider Vinegar
Boil for 3 minutes and seal it all in a glass jar for 3 weeks.
Strain and use

HOT PEPPER VINEGAR

Add 15 grams cayenne pepper to 400ml of Melrose Apple Cider Vinegar. Shake every other day for 2 weeks.
Strain before using.

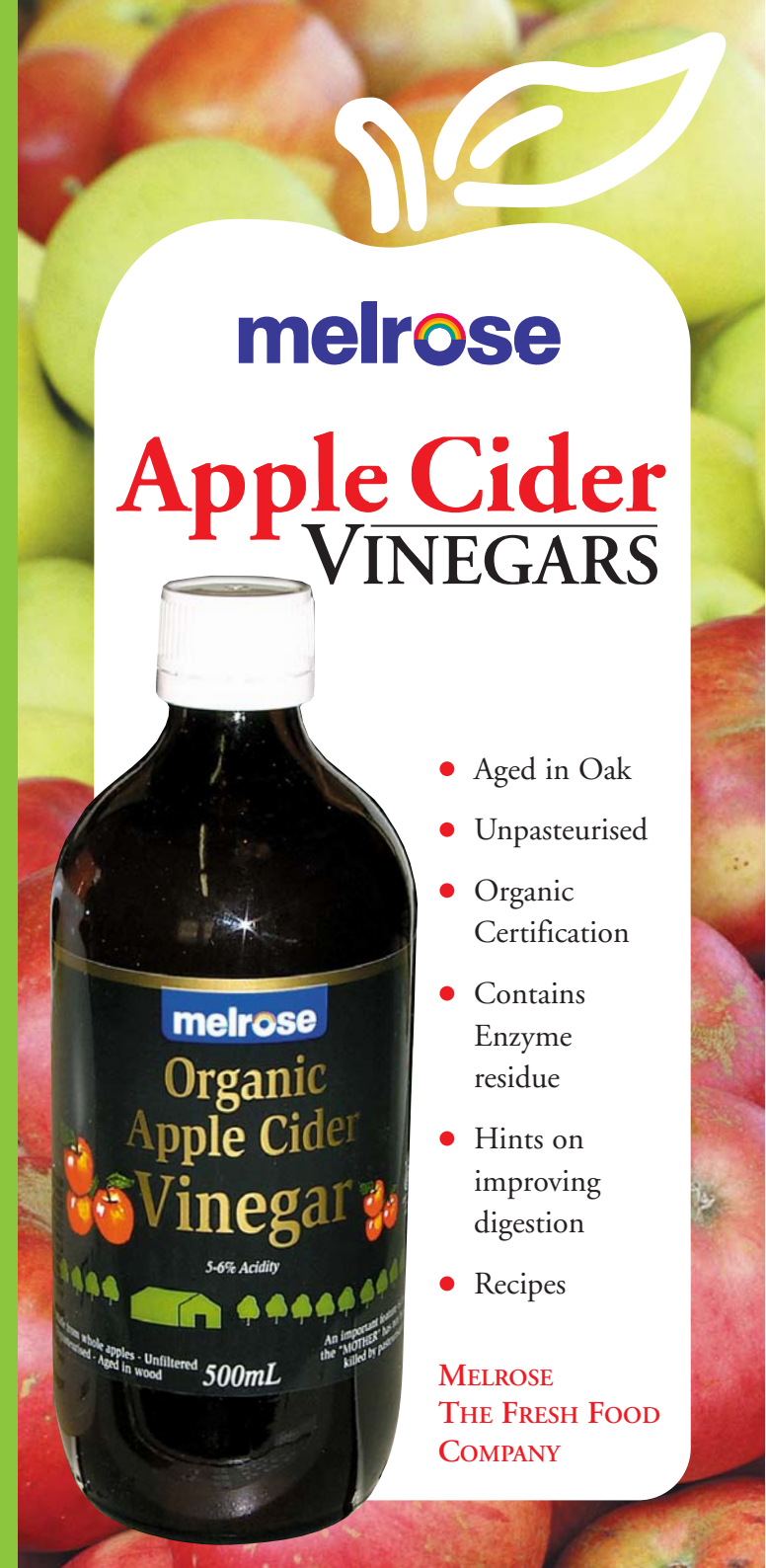
ORGANIC TOMATO SAUCE

1½ kg Organic Tomatoes
2 tablespoons Sea Salt
2 cups Melrose Organic Apple Cider Vinegar
2 tablespoons Organic Raw Sugar
2 teaspoons Organic Mustard Powder
1 teaspoon Black Pepper
Skin tomatoes and chop. Sprinkle with the sea salt and let stand for at least 3 hours. Combine all ingredients in a saucepan and bring to boil. Let simmer for 30 minutes, stirring frequently. When thick and smooth fill into clean sterilised bottles and refrigerate before using



AVAILABLE IN
500ML, 2 LITRE
AND 10 LITRE
CONTAINERS.

MELROSE HEALTH SUPPLIES a division of
MELROSE LABORATORIES PTY LTD
ABN 54 005 490 102
4 Redland Drive Mitcham 3132 Australia
Tel (03)9874 7800 Fax (03)9874 7366
Email melrose@smart.net.au
www.melrosehealth.com.au



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Apple Cider VINEGARS

- Aged in Oak
- Unpasteurised
- Organic Certification
- Contains Enzyme residue
- Hints on improving digestion
- Recipes

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THE FRESH FOOD
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APPLE CIDER VINEGAR

Hippocrates, the Father of Medicine, in 400BC treated his patients with apple cider vinegar for its powerful cleansing, healing and germ fighting qualities.

Well before Hippocrates' time, apples were cultivated for cider making since Neolithic times in Britain and later in other cool climates in Europe and the Mediterranean region. From apple cider, vinegar is produced by simple aeration in a process we call fermentation. The end result is vinegar with its acidity due to acetic acid.

Melrose supplies a choice of two Apple Cider Vinegars made from whole ripened apples: our double strength Apple Cider Vinegar with 8% acetic acid and our Organic Apple Cider Vinegar with 6% acetic acid.

Unlike commercial vinegars, our Apple Cider Vinegars are unpasteurised and unfiltered in order to preserve nutritional value. Natural sediment is the true sign of raw, unfiltered vinegar. (The sediment can be broken up by shaking the bottle).

Apple Cider Vinegar contains pectin, trace minerals, potassium, beneficial bacteria and enzymes. Commercial apple cider vinegar is filtered and pasteurised which destroys any enzymes present.

BENEFITS

Apple Cider Vinegar is rich in enzymes and potassium. Its acidic content is the reason it acts as a germ fighter and is used in many foods as a natural preservative against spoilage.

People with upset stomachs benefit from the extra help Apple Cider Vinegar gives in digesting food. Whether this is because of the extra acidity or help from enzymes is uncertain.

If poor digestion is occurring, your body has to call on other processes and thus diverts energy from other

activities. This is why some people feel tired after a meal. Their bodies are having great difficulty digesting what they have eaten and energy is being diverted.

If digestion is incomplete, the body becomes sluggish, leading the way to an overweight condition, and lack of physical and mental energy.

INCOMPLETE DIGESTION

In order to break down fats, protein and carbohydrates, the body is required to produce bile salts, enzymes and acids. If these processes are inhibited, incomplete digestion occurs.

If symptoms of incomplete digestion occur, try the following strategy:

Before meals, sip a mixture of 2 teaspoons of Melrose Apple Cider Vinegar in 1/4 glass of water.

There also seems to be a relationship between undigested food and arthritis so in an unusual way Apple Cider Vinegar may help arthritic sufferers.

ASSISTS DIGESTION

Indications of nausea, due to a feeling that recently eaten food is not being digested, can usually be eliminated within hours by taking diluted Apple Cider Vinegar.

The normal way to take Apple Cider Vinegar is to mix two teaspoons in a tumbler of cold or warm water. Different users find that it can be taken once to three times a day.

Children under the age of eight might have one teaspoon.

For many, a mixture of honey and cider vinegar is ideal as the honey soothes the throat, taking away the sharpness of the vinegar. The best mixture seems to be equal proportions.

TYPICAL COMPOSITION

	grams per 100mL
Total acid as Acetic acid	6 - 9
Malic acid	0.03-0.04
Protein	0.06 - 0.09
Total sugars	0.15 - 0.7
Non sugar solids	1.5 - 3.0
Calcium	5 - 8mg
Phosphorus	5 - 8mg
Polyphenols	0.02 - 0.1
Total Alcohols	0.1 - 1.0
Glycerol	0.3 - 0.5
Iron, Copper, Zinc	Traces
Sodium	0.04 - 0.1
Potassium	0.1 - 1.0

WHY IS ORGANIC IMPORTANT?

Commercial crops and soils are sprayed with a host of chemicals to prevent insect attack on the plant or fruit. The consumer trusts that the Government analysts have made a correct assessment of the effect of any spray residues on the human body. To avoid any guesswork, organically grown fruit has a guarantee that pesticide and weedicide residues are non-existent. Certified organic apples offer exceptional quality and flavour.

RECIPES

An old Spanish Proverb says; that for a perfectly dressed salad, four people are needed; The generous one, who adds plenty of oil, the miserly one, who measures the vinegar, the reserved one who looks after the salt and the lively one who mixes the salad with the dressing.