

How To Safely Consume Apple Cider Vinegar When Pregnant?



Do not ingest ACV directly, as it can harm your enamel and affect the esophagus.



Only buy pasteurized ACV, and check the ingredients and constitution of ACV supplements before use.

Use a straw to minimize exposure of your teeth to ACV.



After consuming any ACV-containing products, rinse your mouth well.

Do not consume ACV if you have digestive issues.



Watch for allergies and seek medical attention if you experience discomfort after taking ACV.