Debunking Medical Myths: Can Apple Cider Vinegar Help You Lose Weight?

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CAN APPLE CIDER VINEGAR HELP YOU LOSE WEIGHT?

ACETIC ACID
Apple cider vinegar often contains a high concentration of acetic acid. (1)

TOXICITY
Drinking acetic acid or swallowing a pill can be toxic. It erodes the lining of your stomach and esophagus. (1)

EFFECTIVE?
Apple cider vinegar does NOT affect how many calories you burn while resting or exercising. (2, 3)

DENTAL HEALTH
Drinking apple cider vinegar can cause damage to your teeth. (4)

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