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## Debunking Medical Myths: Apple Cider Vinegar and Weight Loss: Myth or Fact?

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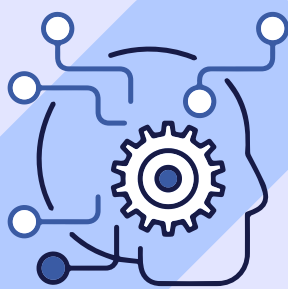
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# Apple Cider Vinegar and Weight Loss: Myth or Fact?

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Myth	Fact
Detox drinks that contain ACV promote weight loss.	Detox drinks aid in controlling the calories that enter the body. The only way to lose weight is to be in a caloric deficit.



Myth	Fact
ACV clears toxins from the body.	The “mother“ in ACV may have some probiotic content, but the science does not fully confirm this.



Myth	Fact
ACV increases one’s metabolism.	ACV can aid in lowering blood glucose, but does not directly change the rate of metabolism.



Myth	Fact
ACV can help boost immunity.	ACV contains acetic acid, which may have some antimicrobial properties.

Chezem J, Fernandes N, Holden J, Bollinger L. Effects of ground cinnamon and apple cider vinegar on postprandial blood glucose levels in healthy adults. *Journal of the Academy of Nutrition and Dietetics* 2012;112(9).  
 Orner J. Using Apple Cider Vinegar for Weight Management on a Restricted Diet. *Integrative Medicine Alert* 2020;24(3).  
 Tran R, Tyler C. In adults, does apple cider vinegar consumption increase intentional weight loss? *Evidence-Based Practice* 2022;25(9):14–.