

# Dosages



## Human Health

2-3 teaspoons 2-3 times daily in a glass of water (warm or cold) or fruit juice. Honey can be added for sweetness. Best taken with food if you have a sensitive stomach. Use as an ingredient in marinades, sauces, dressings and other culinary uses.

## Animal Health

ACV can be added to feed, diluted as a drench or put in a container for ad-lib feeding, diluted 50/50 with water. Do not use a metal container (stainless steel is fine).

### Dogs & Cats

**Cats:** 5ml per day

**Small Dogs/ Puppies:** 15ml per day

**Medium Dogs:** 15ml per day

**Large Dogs:** 20ml per day

**External Parasites / Skin Problems:** After washing, spray on 50/50 ACV and water

### Horses

**Feed:** 60ml twice daily in each feed

**Fly Repellent:** Dilute 50/50 with water

**Hoof Problems:** Soak 50/50 ACV and water

### Poultry

**Young Birds:** 10ml per litre of water

**Adult Birds:** 10ml per litre of water build up to 20ml

### Pigeons & Caged Birds

**Young Birds:** 5ml per litre of water every other day

**Adult Birds:** 10ml per litre of water every other day

### Sheep, Goats & Alpacas

**Young:** 5-10ml per day or 10-20ml monthly

**Adult:** 10-20ml per day or 20-30ml monthly

### Pigs

**Pigs:** 30ml per day **Piglets:** From 6 weeks 10-15ml daily

Available Sizes: 1 Litre 5 Litre 20 Litre 25 Litre

Please call for prices or see our price list

Ask us about Wholesale or visit  
[www.crossgateswholesale.co.uk](http://www.crossgateswholesale.co.uk)

## Dosages (continued)

### Cattle

The key to a successful ACV programme is:

1. Dose animals daily
2. Begin treatment prior to calving
3. Target animals with problems

**Cows:** 60ml per day

**Calves:** 20ml per day

**Mastitis:** Early cases 60ml twice daily for one week  
Severe cases 120ml twice daily for 3 days followed by 60ml twice daily for 10 days

**Milk Fever:** 120ml daily for 6 weeks prior and 3 weeks after calving

**Acetonaemia:** 1st day 300ml as a drench, when appetite returns 60ml twice daily for 10 days

**Arthritis/ Stiffness:** 80ml on feed twice daily

**Fertility:** Cows 120ml daily from 5th week after calving to serving

**Heifers:** 60ml daily for 1 month

**Drying off:** 120ml daily for 1 week then reduce to 60ml daily while necessary

**Ringworm:** Mix 2 tbsp of Copper Sulphate with 400ml ACV, rub into lesions (use only ACV on the head)

*"Farmers all over New Zealand report that using ACV is an effective preventative for many dairy cow ailments. They find that regular dosing assists in lowering somatic cell counts and reducing mastitis." Redwood Animal Health, New Zealand.*

Crossgates Bioenergetics Ltd

The Barn . North Street . Gargrave . BD23 3RN

Personal Health : 01756 749901

Animal Health : 01756 749444

Hair & Beauty : 01756 748881

[www.crossgateshealth.co.uk](http://www.crossgateshealth.co.uk)

[www.crossgateshairandbeauty.co.uk](http://www.crossgateshairandbeauty.co.uk)

Email: [orders@crossgatesfarm.co.uk](mailto:orders@crossgatesfarm.co.uk)



Est. 1998

# Organic Apple Cider Vinegar

Plain · Black Garlic · Ginger

Turmeric · Turmeric & Black Pepper



From an Award Winning Producer

# Organic Apple Cider Vinegar

Our Organic ACV is non-pasteurised and contains natural goodness and beneficial active enzymes.

There are 93 different compounds found in ACV including:

- Bioflavonoids (vitamin P)
- Beta-carotene (precursor to vitamin A)
- Vitamin C, E, B1, B2 & B6
- Tannins from the crushed cell walls of fresh apples
- Malic acid
- Tartaric acid
- Propionic acid
- Acetic acid
- Pectin

...along with many other powerful nutrients which are important for gut health, ridding the body of toxins and purifying the cells.

It is claimed to lead to all sorts of benefits, many of which are supported by science:

- ✓ According to British Journal of Nutrition, Vol 95, issue 5, May 2006, pp-916-92, ACV can effectively reduce cholesterol levels
- ✓ Blood Glucose levels can be reduced - IJFANS Vol 4 Issue 1 Jan-March 2015 pp-206-209
- ✓ Evidence suggests ACV consumed before a meal promotes the feeling of being full. Resulting in you eating less and having reduced weight gain.
- ✓ Blood pressure levels have been found to reduce due to the acetic acid found in ACV- European J Nutr. 2016 Apr;55(3):1245-53.

## ACV may help with the following:

Immune System	Itching & Ringworm
Infection Fighting	Fertility & Birthing
Arthritis & Stiffness	Vitality of Offspring
Metabolism	Insect & Parasites
Weight	Chronic Fatigue
Blood Pressure	Bites & Stings
Cardiovascular	Stamina & Endurance
Digestion	Somatic Cell Counts
Constipation & Diarrhoea	Mastitis
Urinary Tract Infections	Coat Condition
Bladder Stones	Bright Eyes
Hair Condition	Prevention of Soft-Shelled Eggs
Skin & Nails	Fly Spray
	Wash for Animal Housing

## Pack sizes

	Litre	5 litre	20L • box & tap	25Litre
Plain Organic Apple Cider Vinegar	•	•	•	
Organic Apple Cider Vinegar with Black Garlic	•	•		•
Organic Apple Cider Vinegar with Ginger	•	•		•
Organic Apple Cider Vinegar with Turmeric	•	•		•
Organic Apple Cider Vinegar with Turmeric & Black Pepper	•	•		•
Organic Apple Cider Vinegar with Black Garlic & Ginger	•	•		•
Organic Apple Cider Vinegar with Ginger & Turmeric	•	•		•
1 or 5 litre pump	•	•		
25 litre tap				•

## Frequently Asked Questions

### What is Natural Apple Cider Vinegar?

Organic Apple Cider Vinegar is a well known food supplement, water purifier and natural antibiotic, made from whole sweet apples, rich in minerals, vitamins, enzymes and trace elements.

### What is the nature of “mother”?

Unpasteurised ACV contains natural beneficial active enzymes. “Mother” forms naturally from these enzymes, pectin and apple residues, creating molecules of protein connected in strand like chains.

If left undisturbed, as the ACV ages this may become visible to the naked eye as a delicate cobweb like substance. This may become broken up during transit.

### Why does the colour of ACV vary?

Colour varies depending on the variety of apple used.

