

Overcome the hot summer with the power of vinegar!

Vinegar is a seasoning that can be effective right after consuming it. Introduce the power of vinegar into your diet!

Decreased fatigue



The many organic acids in vinegar (including acetic acid, citric acid, and amino acids) accelerate the metabolism, as well as promoting the breakdown and even preventing the accumulation of lactic acid, which is a fatigue substance!

Stimulated digestion



It promotes digestion by stimulating the secretion of saliva and gastric juices.

Increased appetite



The acidity and aroma of vinegar stimulates the brain, leading to an increased appetite.

Switch to a vinegared dish!

So,

for your health...

consume **one tablespoon** (15ml)



of vinegar each day!



Side dishes such as vinegared mozuku seaweed, vinegared octopus, and vinegared wakame seaweed contain 0.5 to 1 tablespoon of vinegar. Get accustomed to eating one vinegared side dish every day!

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage. <http://www.sonykenpo.or.jp/>

