

RESEARCH AND DEVELOPMENT FINAL PROJECT

ANTIOXYDER

(Strawberry Infused Vinegar)



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EXECUTIVE SUMMARY

Strawberry vinegar is a product which contains high antioxidants and plays a role to fight free radicals and reduce their ill effects on our system. Strawberry vinegar also contains vitamin C, it's very important, which in return boosts our immunity. The vitamin C in strawberries also helps in the strengthening of the eye's cornea and retina. Our eyes require vitamin C to protect them from exposure to free-radicals from the sun's harsh UV rays, which can damage the protein in the lens.

Vinegar has been known to help and treats diabetes as well. Strawberry vinegars may help control blood sugar levels, which helps to ward off diabetes complications, such as nerve damage and blindness. In turn helping to prevent other serious health problems, such as heart disease, that often go hand-in-hand with diabetes.

This also may come as a surprise, that vinegar aids digestion, helps maintain weight, and keeps blood pressure down. A 2005 study of 12 people found that those who ate a piece of bread along with small amounts of vinegar felt fuller and more satisfied than those who just ate the bread. So by drinking a shrub or just taking a shot of vinegar before you eat you'll actually feel full faster in turn reducing your calorie intake. (Anonymous, 2019)

Keyword: Benefits, Strawberry, Vinegar

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