

Apple Cider Vinegar

Also called ACV | Other Dietary Supplements

What Is It?

Apple cider vinegar is made by fermenting apple juice. Its main acid gives it a sour taste. It is used in cooking and sold as drinks, tablets and gummies, often promoted for blood sugar control, weight loss or digestion. [1,2]

Why People Take It - And How Strong the Research Is

Blood sugar control | LIMITED, INCONSISTENT EVIDENCE. Some small studies suggest lower blood sugar after meals or improvements in fasting readings. Studies differ, and lasting benefit remains uncertain. It should not replace insulin or other diabetes treatment. [1]

Weight loss | NO RELIABLE EVIDENCE OF LASTING BENEFIT. Small, short studies do not establish meaningful long-term weight loss. It is not a proven weight-loss treatment. [1,2]

Heartburn or digestion | NOT ESTABLISHED. There is no good evidence that vinegar treats acid reflux. Its acid can irritate the throat and stomach rather than help. [1]

Does The Product Form Matter?

Food vinegar, capsules and gummies are not interchangeable. Added ingredients and amounts vary. Do not assume that a study of liquid vinegar proves the same benefit for a gummy or tablet. Check the full label with your pharmacist. [1,2]

Side Effects And Important Safety Concerns

Do not drink vinegar straight. Its acid can damage tooth enamel and irritate the throat. If you choose to use food vinegar, mix it into food, such as salad dressing, or dilute it well. Never drink cleaning vinegar. [1,2]

It can interact with insulin and water pills (diuretics) and contribute to low potassium. With insulin, low blood sugar is also a concern. Ask your clinician before regular use if you have diabetes, low potassium or stomach problems. Do not change prescribed medicines on your own. [2,3]

Questions To Ask Your Doctor Or Pharmacist

Is there a useful reason for me to take it? Could it affect my blood sugar or potassium? Is it likely to worsen my stomach symptoms? Would a better-studied approach help more?

Evidence labels describe research, not a guarantee of personal benefit or safety.

Where To Find Additional Information

1. [Harvard Nutrition Source - Vinegar and health claims](#)
2. [Mayo Clinic - Apple cider vinegar for weight loss](#)
3. [Cleveland Clinic - Apple cider vinegar: benefits and risks](#)

Sources checked October 17, 2026. This guide is for learning, not for diagnosing or treating an illness. Talk with your healthcare provider before changing prescribed treatment.