



## Our Company



**Good Health Organisation – GhO** (pronounced GO) is a New Zealand owned and operated company. We are celebrating more than 50 years heritage making pure, natural and top quality fruit vinegars and giving them a 'New Zealand' twist for today's tastes.

The company is located in orchard country at the sun-drenched tip of New Zealand's South Island. Top quality product is made from locally sourced apples and other fruit, using state of the art German fermentation technology.

### What makes our products great?

The answer is simple: we only use the best technology and quality local New Zealand fruit. The team at GhO is committed to producing products that contribute to improving your health and wellbeing. Owners, Scottie and Justin, are enthusiastic innovators with long careers in international food marketing and manufacturing. Their knowledge and business acumen, infused with a proven, iconic company and a readily available supply of fresh New Zealand ingredients, ensures only products of the highest quality are made at GhO.

*Cheers to good health!*



## Did You Know?



**Gold Kiwifruit** is a superfruit that was brought to the world by New Zealand, and is known to:

- Contain high levels of vitamins and minerals
- Contain nutrients that may aid digestion
- Promote healthy heart, eyes and gut
- Taste delicious!

**Apple cider vinegar** has been popularly used for centuries to help with:

- Good health and healing
- Supporting the immune system
- Digestion and blood circulation
- Cholesterol balance
- Cleansing the body



**Blackcurrants** are not only delicious to eat but also:

- Considered to be one of nature's super fruit
- Contain very high levels of vitamins, minerals and antioxidants
- An excellent source of energy
- Beneficial in promoting eye and heart health
- Assist in fighting infection

Studies have also shown that apple cider vinegar may help with weight and appetite management<sup>1</sup> and improve insulin sensitivity<sup>2,3</sup>.

1. E M Ostman, Y Granfeldt, L Persson and I Björck, Vinegar supplementation lowers glucose and insulin responses and increases satiety after a bread meal in healthy subjects (2005). 2. C S Johnston, C Kim, A Buller Vinegar improves insulin sensitivity to a high-carbohydrate meal in subjects with insulin resistance or Type 2 diabetes (2008). 3. E M Ostman, H L Elmstahl, I Björck Inconsistency between glycemic and insulinemic responses to regular and fermented milk products (2011).

**GhO has the ability to provide a wide range of products to wholesale and retail customers in bulk quantities only. For all enquiries please contact our sales team.**

### GhO, Good Health Organisation Ltd

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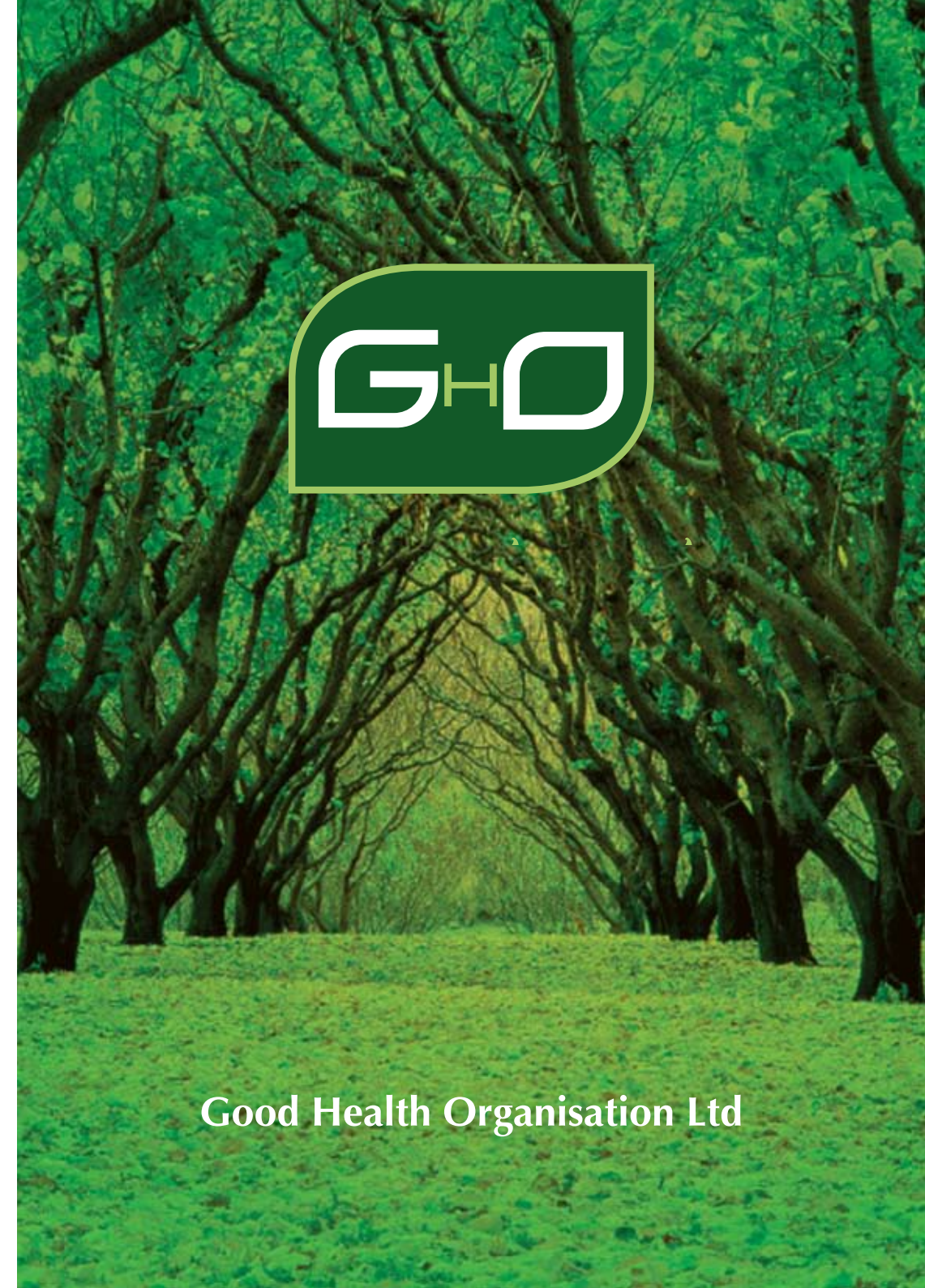
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Good Health Organisation Ltd





Made from 100% pure and naturally fermented New Zealand grown fruit, GhO Gourmet Vinegars provide any cook with a delicious range of flavours and tastes for the modern kitchen and cooking styles.

GhO Gourmet Vinegars are versatile, quick and easy to use. They add a fresh zing to meats, chicken, seafood and savoury dishes, as well dressings and even desserts! We have seven great flavours available: Gold Kiwifruit, Kiwifruit, Apple Cider, Organic Apple Cider, Blackcurrant, White Wine and Red Wine Vinegar.



**Our range of Gourmet Vinegars is:**

-  **Rich source of vitamins, minerals, & trace elements**
-  **100% pure New Zealand ingredients**
-  **GM-free**
-  **Free of artificial ingredients, additives or chemicals**

GhO is the world's only commercial producer of Gold Kiwifruit vinegars. It is packed with vitamins and minerals beneficial to all round health. It also tastes fantastic!

**Gold Kiwifruit Vinegar**

**Contains:** 100% gold kiwifruit vinegar

**Soft and mellow, the taste of this unique golden kiwifruit gently shines.**

- Combine with canola oil, sweeten with honey and sprinkle over chilled, cooked seafood
- Add 1-2 teaspoons to a 1/2 cup of Greek-style yoghurt and use as a dressing for salads
- Combine with cream and serve as a sauce for pan-fried fish
- Sprinkle over diced stone fruit or bananas and serve as a side dish to grills
- Combine with light olive oil and use as a dip for breads.



**Blackcurrant Vinegar**

**Contains:** 100% blackcurrant vinegar

**A rich warm red vinegar that captures the taste of fresh, sun ripened summer berries.**

- Sprinkle over grilled chicken and roast vegetables
- Add a spoonful to a long glass of chilled soda water
- Sprinkle a little over red berries and serve with a whipped cream
- Combine with cream and serve as sauce for venison
- Make syrup of equal parts sugar and vinegar. Cool. Drizzle over ice cream.



**Kiwifruit Vinegar**

**Contains:** 100% kiwifruit vinegar

**Fresh, lively, fruity vinegar, full of natural goodness.**

- Combine with avocado oil and drizzle over hot or cold vegetables
- Add to marinades for poultry and squid
- Stir a spoonful into a fruit drink for extra zest
- Use in sauces made from pan juices after pan-frying duck breast or rabbit
- Add to pavlova mixture in place of white vinegar.



**White Wine Vinegar**

**Contains:** 100% white wine vinegar

**Deliciously fresh, full-tasting vinegar**

- Add to creamy sauces and serve with seafood
- Combine with a little oil and sprinkle over cooked pasta to add "bite"
- Substitute for the lemon in hollandaise sauce
- Sprinkle over hearty salads
- Use in beurre blanc (white sauce).

**Organic Apple Cider Vinegar**

**Contains:** 100% apple cider vinegar

**Light & fresh and made from 100% BioGro certified organic apples.**

- Combine with mild-flavoured oil and chopped herbs and sprinkle over chunky salads
- Excellent in mayonnaise
- For a soothing drink, combine with honey in a cup and top up with hot water
- Ideal for deglazing pans when making sauces for meats
- Great for pickling.



**Red Wine Vinegar**

**Contains:** 100% red wine vinegar

**Ruby rich, this vinegar provides depth of flavour and colour**

- Combine with diced, sautéed shallots and cream as a sauce for steak
- Excellent for vinaigrette e.g 4 parts extra virgin olive oil + 1 part vinegar. Add herbs and pepper to taste
- A dash adds interest to hearty soups and casseroles
- Combine with rosemary, thyme, oregano and oil as a marinate for meats
- A must in tomato-based sauces.

