

FREQUENTLY ASKED QUESTIONS

What is Fire Cider? Fire Cider is a spicy, sweet, and tangy apple cider vinegar tonic infused with roots, fruits, and spices. The basic recipe is bottled as Fire Cider Honey-Free, and it's Certified Vegan! Our Original and African Bronze varieties of Fire Cider are each sweetened with a touch of raw honey.

Does Fire Cider contain alcohol? Fire Cider is non-alcoholic. It does mix well with alcohol, if that's your style. So, check out our blog or our recipe cards for our signature Fire Cider cocktails!

Does Fire Cider contain GMO ingredients? Absolutely not! Fire Cider is USDA-Certified Organic and made with only certified organic vinegar, honey, fruits and vegetables. Genetic modification is not allowed in organic agriculture.

Is Fire Cider gluten-free? None of the ingredients in Fire Cider contains gluten, and we make every batch of Fire Cider ourselves. However, if you are extremely sensitive, be aware that we make Fire Cider in a mixed-use facility. For that reason, we are not able to make a gluten-free claim on our labels.

How much should I consume? We consume about ½ to 1 tablespoon daily, just a small sip from the bottle. You can enjoy Fire Cider any time of day; just keep in mind that it can perk you up.

Can I cook with Fire Cider? Can I add it to things? We originally intended Fire Cider to be taken functionally as a straight shot, but it is just as tasty when mixed with seltzer, fruit juice, or tea. Try a salad dressing with olive or coconut oil, Dijon mustard, salt, pepper, and herbs. Fire Cider is great on cooked greens, seafood, and as a marinade.

What is the shelf life of Fire Cider? The official 'best by date' is 18 months from bottling. We put a batch code (expiration date) on the side of every bottle, just below the cap, to tell you when the bottle turns 18 months old. If you need help deciphering it, drop us a line.

Does Fire Cider contain sugar? Yes, there are 3 grams of sugar from the citrus fruits and raw honey per one tablespoon serving. Our Honey-Free Fire Cider contains just 1 gram of sugar per serving.

How should I store Fire Cider? Fire Cider's main ingredients by volume are apple cider vinegar and honey, two of nature's greatest preservatives. Fire Cider is shelf-stable, and we keep our bottle somewhere cool, dry, and easily in reach.

Can Fire Cider cure boredom? Invite your friends to try Fire Cider for the first time. Watch them dance, jump around, lose the power of speech, or all three! We have a great video of reaction shots on FireCider.com. Please send us video clips of you or your friends trying Fire Cider for the first time!

Who makes Fire Cider? Shire City Herbals, that's who! We are a small, family-owned and operated business. We started in 2010 in Pittsfield, MA, the "Shire City" in the heart of the Berkshires.

For more information, see the [Sampling Guide](#) or check us out at FireCider.com