

# Rejuvenative Foods

Delicious

Cultured

# raw sauerkraut

SEA-SALTED

FRESH-PURE

100%  
Organic

ACTIVE ENZYMES

NATURE'S FUNCTIONAL FOOD

ARTISAN

A VEGAN, TRANS-FAT-FREE AND GLUTEN-FREE FOOD

Net Wt. 15 oz (428g)

Perishable - Keep Refrigerated (Except in Transit)

**ORGANIC INGREDIENTS:** Cabbage, high mineral health salt

**THIS RAW SAUERKRAUT** is a handcrafted, high-fiber fresh cultured vegetable providing our bodies with a rich, flavorful source of enzymes and lactobacilli (a microflora we naturally receive from mother's milk as infants that enhances our digestion and overall health). While raw sauerkrauts and cultured vegetables have historically been enjoyed as invigorative food around the world, most other commercially available sauerkrauts are heat-processed, eliminating life-enhancing enzymes and microflora. This Live Raw Sauerkraut is made fresh throughout the year, resulting in variations of color, taste, juiciness and natural expansion (especially when unrefrigerated). No water or vinegar is added. **TO PROLONG QUALITY:** Keep as cold as possible (don't freeze). Use spoon to keep surface of this life-enriching food flat. Swiftly replace the lid and refrigerate. **SERVING SUGGESTIONS:** Eat as condiment to enhance all foods with delicious, live zing. Serve with or on: fresh raw organic almond butter (or other nut and seed butters or mixtures), tortillas, sushi, raw food rolls & burritos, avocados, vegetables, salads, seeds, nuts, grains & rice, pizza, eggs & omelettes, potatoes, meat, sandwiches, and rice cakes. Add as is or blended to salad dressings. **\*ALSO AVAILABLE**, organic and in assorted sizes: 12 flavors of Raw Cultured Vegetables, salt-free or health-salted; 18 fresh, pure and raw nut and seed butters, including 3 honey and a date- and a mulberry-sweetened dessert nut butter(s); super-fresh raw completely low-temp processed health oils to consume and apply externally; and honey- or agave-sweetened chocolate spreads that are guaranteed to be a Fresh-Pure favorite.



**SUPERIOR QUALITY**  
*Eat This • Feel Better  
or Your Money Back!*  
(See our web site)

**Rejuvenative Foods**

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Certified Organic by Monterey  
County Certified Organic  
Made in the USA

\*Recipes & health facts at  
[www.rejuvenative.com](http://www.rejuvenative.com)

## Nutrition Facts

Serving Size: 100g (7 tbsps)  
Servings per container: about 4

### Amount Per Serving

**Calories 25 Fat Cal. 5**

**Total Fat 0.5g** 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 1410mg** 59%

**Total Carbs 4g** 1%

Dietary Fiber 5g 20%

Sugars 0g

**Protein 1g**

Vitamin A 0% • Vitamin C 130%

Calcium 2% • Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

