

INGREDIENTS: Organic 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 (without freezing). 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: 18 flavors of Raw Cultured Vegetables, salt-free or health-salted; 19 fresh, pure and raw nut and seed butters, including 5 dessert nut butters, sweetened with either honey, dates or mulberries; super-fresh raw completely low-temp processed health oils to consume and apply externally; and healthfully 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 OneCert Made in the USA

*Recipes & health facts at www.rejuvenative.com

Nutrition Facts Serving Size 7 tablespoon (100g) Servings Per Container 4

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Amount Per Serving	
Calories 25	Fat Cal. 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol Omg	0%
Sodium 228 mg	10%
Total Carbohydrate	4g 1%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 0% • Vitamin C 130%	
Calcium 2% • Iron 6%	
* Doroont Doily Volume are based on a 2 000	



Net Wt. 15 oz (428g) Keep refrigerated, unless in transit for under 9 days below 77 degrees F