

**Rejuvenative Foods**

Delicious Cultured

# raw sauerkraut

SALT-FREE  
CABBAGE DILL

FRESH-PURE 100%  
Organic ACTIVE ENZYMES


NATURE'S FUNCTIONAL FOOD  
ARTISAN PROBIOTIC

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

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

**ORGANIC INGREDIENTS:** Cabbage, fresh-squeezed pure lemon juice and dill


**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.\*As a transition from mother's milk, babies love a little of the juice from this Sauerkraut on a spoon. And when babies are ready, enjoy this perfect baby food. **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 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 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**  
P.O. Box 8464  
Santa Cruz, CA 95061  
(831) 462-6715  
(800) 805-7957  
Certified Organic by OneCert  
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	
<b>Calories</b> 20	<b>Fat Cal.</b> 0
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160 mg	7%
<b>Total Carbs</b> 3g	1%
Dietary Fiber 3g	12%
Sugars 0g	
Vitamin A 0% • Vitamin C 140%	
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.

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