

INGREDIENTS: Cabbage*, carrots*, ginger*, caraway seeds*, high mineral health salt, garlic*, ground dried red peppers* * Organic | Servings per container: about 2 WHAT ISTHIS PRODUCT? Kim-Chi has been a staple in the Korean diet for centuries. It is made from fresh, shredded, nonheated vegetables calories 35 Fat Cal. 0g (see ingredients) which are put into stainless steel containers and left to culture for 5 to 7 days. No water or vinegar is added. These delicious, high-fiber, low-fat, nonheated, raw, organic, cultured vegetables are | Cholesterol Umg one of the richest sources of lactobacilli and enzymes available. **SERVING SUGGESTIONS:** Add delicious live zing to meals! Serve with or on: rice cakes with fresh raw organic almond butter (or other Protein Ig nut and seed butters), tortillas, avocados, salads, seeds, nuts, grains, Vitamin A 50% • Vitamin C 25% Calcium 6% • Iron 4% AVEGAN, TRANS-FAT-FREE, GLUTEN-FREE FOOD pizza, eggs, potatoes, meat, sandwiches & omelettes. Percent Daily Values are based on a 2.000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.

Nutrition Facts Serving Size: 100g (7 tbsps)

Amount Per Serving Total Fat 0g Saturated Fat Og Trans Fat 0g Cholesterol 0mg Total Carbs 7g Dietary Fiber 2g Sugars 3g

Rejuvenative Foods

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ARTISAN

PROBIOTIC

Net Wt. 7.5 oz (214g) Keep refrigerated, unless in transit for under 9 days below 77 degrees F