

INGREDIENTS: Cabbage*, broccoli*, carrots*, dandelion greens*. onions*, ginger*, fresh-squeezed pure lemon juice*, Celtic Sea Salt®, garlic*, Serving Size: 100g (7 tbsps) Servings per container: about 2 fennel*, thyme*, basil*, sage*, rosemary*, celery seed*, ground dried red peppers* *Organic WHAT IS THIS PRODUCT? Kim-Chi has been a staple in the Korean diet for centuries. It is made from fresh, shredded, nonheated vegetables (see ingredients) which are put into stainless steel containers and left to culture Cholesterol Omg for 5 to 7 days. No water or vinegar is added. These delicious, high-fiber, low-fat, nonheated, raw, organic, cultured vegetables are 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 Protein 2g Vitamin A 20% • Vitamin C 40% organic almond butter (or other nut and seed butters), tortillas, avocados, Vitamin A 20% • Vitam Organic almond butter salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches & omelettes.

Nutrition Facts

Amount Per Serving Saturated Fat Og Trans Fat Og Sodium 444mg Total Carbs 6g Dietary Fiber 3g

maybe higher or lower depending

Sugars 2g

Rejuvenative Foods P.O. Box 8464 Santa Cruz, CA 95061 (831) 462-6715 (800) 805-7957

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