

ORGANIC INGREDIENTS: Cabbage, celery, carrots, fresh-squeezed pure lemon juice, ginger, sea vegetables, thyme, basil, sage, rosemary, lemon Serving Size: 100g (7 tbsps) Servings per container: about 2 thyme, ground dried red peppers

WHAT ISTHIS 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 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 organic almond Protein Ig Vitamin A 0% • Vitamin C 160% butter (or other nut and seed butters), tortillas, avocados, salads, seeds, nuts, AVEGAN, TRANS-FAT-FREE, GLUTEN-FREE FOOD grains, pizza, eggs, potatoes, meat, sandwiches & omelettes.

Amount Per Serving	
Calories 25 Fat	Cal. 5
Total Fat 0.5g	1%
Saturated Fat Og	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbs 4g	1%
Dietary Fiber 4g	16%
Sugars Og	
Donatain In	

Calcium 8% • Iron 6%

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

## **Rejuvenative Foods**

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