

INGREDIENTS: Cabbage*, carrots*, onions*, ginger*, high mineral health salt, ground dried red pepper* * Organic. What is this product? Kim-Chi has been a staple in the Korean diet for centuries. It is made from fresh, shredded, unheatedvegetables which are put into stainless steel containers and left to culture for five to seven days. No water or vinegar is added. These delicious, high-fiber, low-fat, unheated, 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 butter (or other nut and seed butters),tortillas, avocados, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches & omelettes.

Nutrition Facts Serving Size 100g (7 tbsps)

Servings per container: about 2 Amount Per Serving Calories 25 Calories from Fat 0 % Daily Value* Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 184mg Total Carbs 5g Dietary Fiber 4g

Vitamin A 0% • Vitamin C 160%

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

Calcium 8% • Iron 6%

Protein Is

your calorie needs.

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