

# Rejuvenative Foods

## SEA VEGETABLE GARDEN

# KIM-CHI

Organic  
FRESH  
RAW

Gluten Free ♦ Vegan  
Free Of Garlic, Onion & Added Salt

Net Wt. 15 oz.

Perishable-Keep Refrigerated

**INGREDIENTS:** Cabbage,\* carrots,\* celery,\* sea vegetables, ginger,\* lemon juice,\* lemon thyme,\* thyme,\* basil,\* sage,\* rosemary,\* ground dried red peppers.\* *Ingredients with an \* are certified Organically Grown.*

This is a unique salt-free Kim Chi. If you want a saltier Kim Chi, please try one of our other organic Kim Chi products with health salt. **What is this product?** Kim-Chi has been a staple in the Korean diet for centuries. It is fresh, shredded unheated vegetables (see ingredients) that are put into a stainless steel container and left to culture for five to seven days. No water or vinegar is added. These delicious, high-fiber, unheated, organic cultured vegetables are one of the richest sources of lactobacilli and enzymes available.

*We make this Kim-Chi year-round. Therefore from batch to batch, the taste, color and juiciness are different.*

**SERVING SUGGESTIONS:** Add delicious live zing to meals! This Kim-Chi mixes nicely with starches, proteins and vegetables. Serve with or on: rice or rice cakes with fresh raw organic almond (or other nut and seed butters or mixtures), tortillas, avocados, vegetables, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches and omelettes.

### Nutrition Facts

Serving Size: 100g  
Servings per container: about 4

#### Amount Per Serving

**Calories 25**

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 12%

Total Carbs 4g 1%

Dietary Fiber 4g 16%

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 160%

Calcium 8% • 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.



**SUPERIOR QUALITY**

*Eat This • Feel Better  
or Your Money Back!*

*(See our web site)*

**Rejuvenative Foods**

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[www.rejuvenative.com](http://www.rejuvenative.com)

Certified Organic by  
**Monterey County**  
Certified Organic

Made in U.S.A.