

Rejuvenative Foods

Delicious **raw** Cultured **sauerkraut**

FRESH

100%
Organic

VEGAN

GLUTEN-FREE

SEA-SALTED
ACTIVE ENZYMES

INGREDIENTS: Certified organic cabbage, high mineral health salt.
ABOUT RAW SAUERKRAUT: While sauerkrauts and cultured vegetables have been used as healthful food in various cultures around the world, most commercially available sauerkrauts are processed with heat that eliminates the naturally occurring enzymes and microflora that are so beneficial to the digestive tract. Rejuvenative Foods Raw Sauerkraut is a handcrafted fresh cultured vegetable, high in fiber and low in fat, which provides a flavorful rich source of enzymes and lactobacilli (a microflora, naturally implanted by mother's milk, normally present in a healthy human digestive tract). We begin by grinding fresh, raw cabbage (see ingredients) which we then allow to culture in stainless steel containers for 5-7 days. No water or vinegar is added. Our raw sauerkraut is made fresh throughout the year. This results in some variations in color, taste and juiciness.
TO PROLONG QUALITY: Keep as cold as possible (don't freeze). Use a spoon to keep the surface of the product flat; leave no holes. Immediately replace the lid and refrigerate.
SERVING SUGGESTIONS: Add to any meal for a delicious, live zing taste sensation. Serve with or on: rice or rice cakes with fresh raw organic almond butter (or other nut and seed butters or mixtures), tortillas, avocados, vegetables, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches & omelettes. This fresh sauerkraut mixes nicely with starches, proteins and vegetables.

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 1410mg 59%

Total Carbs 4g 1%

Dietary Fiber 5g 20%

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 130%

Calcium 2% • 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

Certified Organic by
Monterey County
Certified Organic

Made in U.S.A.

Perishable - Keep Refrigerated

Net Wt. 15 oz