

**Rejuvenative Foods**

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

FRESH **100% Organic** VEGAN

GLUTEN-FREE

SEA-SALTED  
ACTIVE ENZYMES

Perishable - Keep Refrigerated Net Wt. 15 oz

**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	
<b>Calories</b> 25	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1410mg	59%
<b>Total Carbs</b> 4g	1%
Dietary Fiber 5g	20%
Sugars 0g	
<b>Protein</b> 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.



**FRESH-LIVE  
OVER 20 YEARS  
ORGANIC**

**SUPERIOR QUALITY**  
*Eat This • Feel Better  
or Your Money Back!*  
*(See our web site)*

**Rejuvenative Foods**  
P.O. Box 8464  
Santa Cruz, CA 95061  
(831) 457-2418  
[www.rejuvenative.com](http://www.rejuvenative.com)

Certified Organic by  
**Monterey County**  
Certified Organic  
Made in U.S.A.

CyanMagentaYellowBlack

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