

Rejuvenative Foods

Caraway KIM-CHI

Vegan
FRESH & RAW

With Celtic Sea Salt® and Garlic!

**FREE OF: PESTICIDES, CHEMICALS,
TRANS-FATS & GLUTEN**

Perishable Keep Refrigerated

Net Wt. 454 Grams

INGREDIENTS: cabbage, carrots, ginger, caraway seeds, Celtic Sea Salt®, garlic, ground dried red pepper. **What is this 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, cultured vegetables are one of the richest sources of lactobacilli and enzymes available. Lactobacilli are probiotic microflora, naturally implanted by mother's milk, normally present in a healthy human digestive tract. We make California-style, Kim-Chi fresh year-round. Therefore from batch to batch, the taste, colour 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 cakes with fresh raw, almond butter (or other nut and seed butters), tortillas, avocados, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches & omelettes.

Nutritional information
Typical values per 100g

Energy:	134kj, 32kcal
Protein:	1.6g
Carbohydrates:	7.3g
of which sugars	3.6g
Fats	0.3g
of which saturates	0g
Fibre	2.9g
Sodium	236mg

ALSO AVAILABLE:
Assorted flavours of Fresh, Raw Nut Butters, Seed Butters, and Mixtures (refrigerated and dated); Raw Cultured Vegetables - salt-free or with sea salt - including Vegi-Delite, Live Zing Salad, and Kim-Chi (delicious & healthful)

SUPERIOR QUALITY!
*Satisfaction Guaranteed
or Your Money Back!*
(see our web site)

Rejuvenative Foods
P.O. Box 8464
Santa Cruz, CA 95061
(831) 457-2418
www.rejuvenative.com

Made in U.S.A.
Pesticide and Chemical Free

DISTRIBUTED BY:
Red23 Ltd., 5 Abridge Mews,
Market Place, Abridge,
Essex, RM4 1BA
01992 815 859
www.red23.co.uk



100% PURE because we clean our machines between batches

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