

Rejuvenative Foods

Sea Salted • Cultured & Delicious

raw sauerkraut

Vegan
FRESH & RAW

Active Enzymes

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

Perishable Keep Refrigerated

Net Wt. 454 Grams

INGREDIENTS: Certified Cabbage, Celtic Sea 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 fresh cultured vegetable, high in fiber and low in fat, that is handmade with great care to provide a flavourful 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 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 colour, 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. This is a "live" cultured vegetable that has **not** been treated with preservatives or other chemicals. **SERVING SUGGESTIONS:** Add to any meal for a delicious, live zing taste sensation. Serve with or on: rice or rice cakes with fresh, raw almond butter (or other nut and seed butters), tortillas, avocados, vegetables, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches & omelettes. This fresh sauerkraut mixes nicely with starches, proteins and vegetables.

Nutritional information
Typical values per 100g

Energy:	100kj, 24kcal
Protein:	1.4g
Carbohydrates:	5.5g
of which sugars	3.6g
Fats	0g
of which saturates	0g
Fibre	2.3g
Sodium	296mg

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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