

**ORGANIC INGREDIENTS:** Cabbage, carrots, ginger, caraway seeds, health sea salt, garlic, ground dried red peppers

WHAT ISTHIS 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, organic, cultured vegetables are one of the richest sources of lactobacilli and enzymes available. SERVING **SUGGESTIONS:** Add delicious live zing to meals! Serve with or on: rice cakes with fresh raw organic almond butter (or other nut and seed butters), tortillas, avocados, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches & omelettes.



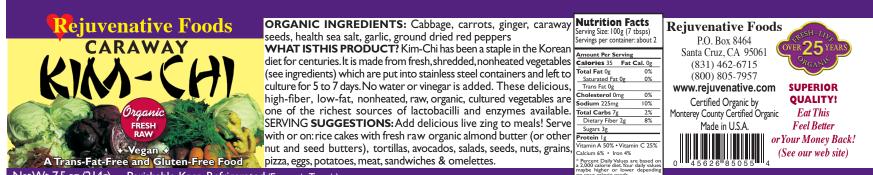
Net Wt. 7.5 oz (214g) Perishable-Keep Refrigerated (Except in Transit)



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CyanMagentaYellowBlack