

**Rejuvenative Foods**

SHREDDED **raw sauerkraut** Delicious Cultured

FRESH **100% Organic** VEGAN

ACTIVE ENZYMES/LACTOBACILLI  
ROYAL HIMALAYAN PINK CRYSTAL-SALTED  
A TRANS-FAT-FREE AND GLUTEN-FREE FOOD

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

**INGREDIENTS:** Certified organic cabbage, Himalayan 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).

**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.

**Nutrition Facts**  
Serving Size: 100g (7 tbsps)  
Servings per container: about 2

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

**Rejuvenative Foods**  
P.O. Box 8464  
Santa Cruz, CA 95061  
(831) 462-6715  
(800) 805-7957  
[www.rejuvenative.com](http://www.rejuvenative.com)  
Certified Organic by  
Monterey County Certified Organic  
Made in U.S.A.



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Feel Better  
or Your Money Back!  
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