






Immunitrition 100% Organic Cultured Vegetables

Immunitrition is proud to introduce three blends of Organic Cultured Vegetables - **Garden Blend**, **Sea Blend** and **Sunshine Blend**. They are prepared with great care, using only the finest organic raw vegetables. All kitchen utensils and materials used in the culturing process are washed in environmentally-friendly, chemical-free cleaning solutions. **Immunitrition Organic Cultured Vegetables**, or "**CV's**" as we like to call them, are a nutrient-dense food made from certified organic, shredded veggies. We combine them with L. Plantarum* probiotic then place them in tightly sealed, quart size mason jars where they are left to ferment (or culture) for five to seven days. They are then refrigerated, slowing down the fermentation process. They're incredibly DELICIOUS!

Adding CV's to your diet can bring these amazing health benefits:

-  CV's are a 100% raw, organic food loaded with beneficial enzymes. The lactic acid produced during the fermentation process aids in digesting all foods eaten along with them - especially proteins and starchy foods.
-  CV's improve the digestion process. The veggies are "pre-digested" by the beneficial probiotic organisms, which is very helpful to those with weakened digestive systems.
-  CV's are alkaline-forming due to the abundant presence of vitamins and minerals. CV's guard the body from becoming too acidic, which is where ALL DISEASE BEGINS!
-  CV's help control cravings for starchy and sweet foods when consumed on a consistent basis! They make a GREAT substitute for salsa. Try then with baked blue corn chips!
-  CV's are a "living" food, teeming with beneficial microorganisms. These intelligent, little beings work hard to maintain your inner ecology. They are much more powerful than most probiotic capsules found in health stores today. The *L. Plantarum cultures we use are very hardy and cannot be destroyed by antibiotics.

FREQUENTLY ASKED QUESTIONS ABOUT CULTURED VEGGIES

What are the ingredients of each cultured vegetable blend?

Each blend of **Immunitrition's Organic Cultured Vegetables** has a distinct and unique flavor. We only buy 100% raw produce that is certified organic by the USDA. Our L. Plantarum culture is the highest quality probiotic available on the market today! Here is a breakdown of the ingredients we use to prepare each blend:

Garden Blend - green cabbage, cucumber, collards, kale, parsley, dill, carrot or seasonal red bell pepper, garlic and probiotic starter blended in a brine of celery juice with a touch of green apple.

Sea Blend - green cabbage, kale, daikon, wakame sea vegetable, carrot, parsley, and probiotic starter blended in a brine of celery juice with a touch of green apple!

Sunshine Blend - green cabbage, carrot, golden beet, sweet potato, yellow bell pepper, ginger, cilantro, and probiotic starter blended in a brine of celery juice with a touch of green apple!

What is the suggested serving size of CV's at each meal?

It is best to have at least a half-cup of CV's with each meal. You'll be amazed how they enhance the flavors of other foods. They also seem to keep that "after dinner bloated feeling" from ever surfacing. Once you regularly incorporate CV's into your diet, you will immediately begin to see the positive changes they bring to your digestive processes.

How and where do I purchase Immunitrition Cultured Vegetables?

To purchase our CV's please visit our online store at: www.culturedvegetables.net, or place your order by phone by calling (877)773-9229. You may also e-mail your order to: orders@culturedvegetables.net. All order inquiries will be answered within 24 to 48 hours.

How long will my CV's last?

Unopened, CV's can last up to 8 months in the refrigerator, maybe even longer! After opening, CV's stay nutritious for about two or three weeks, so don't worry if you don't eat them up right away (but you probably will because they are so delicious)! Once you refrigerate your CV's, you cannot take them back out expecting the fermentation process to continue. The microorganisms are fast asleep and the culturing process has been permanently halted! Fermented foods have quite a long shelf life. In fact, sprouting and fermenting was a convenient way to preserve foods before refrigeration ever came into existence. Mother Nature surely gave us a magnificent gift when she handed us probiotic microorganisms!

Why does Immunitrition add a culture starter to culture the vegetables?

We add a culture starter to ensure your veggies are bursting with beneficial micro flora. Traditional culturing methods rely on the microbes already present on the vegetables and in the surrounding environment to inoculate the veggies. Sometimes you have no way of knowing exactly what strains of microbes are naturally present. There could be a concentration of non-beneficial microbes and possibly even pathogenic ones. That's why we choose to inoculate with a fast-growing, hardy strain of micro flora called *L. Plantarum* that quickly crowds out any undesirable microbes resulting in a superior cultured food!

Why does Immunitrition add FOS (fructooligosaccharides) and tart, green apple juice to the culturing brine?

Micro flora need a food supply to stay alive and to multiply. FOS is a 100% natural powder extract from chicory, which serves as food for the beneficial microbes. FOS, which is an abbreviation for "fructooligosaccharides" suppresses the growth of pathogens, reduces toxins in the liver and colon and stimulates the immune system. FOS increases the potency and medicinal properties of our cultured veggies. The splash of tart, granny smith, green apple juice is also a food source for the beneficial micro flora. The small amount of sugar in the apple juice is LONG GONE before you consume your CV's. Those who are suffering from candida need not worry. The sugar has been consumed by the micro flora and ensures a potent cultured product to combat candida and its negative effects on the body.

Why does Immunitrition use organic celery juice as the culturing brine?

Organic celery juice is a superior source of organic sodium. Many people crave salty foods because their bodies are lacking in this beneficial mineral. Immunitrition does not add organic sea salt to our veggies due to the fact that salt is actually an anti-microbial and we want our veggies to be as microbial-rich as possible. We also prefer to use celery juice to add that delicious flavor unique to our cultured vegetables!

When I receive my cultured vegetables are they ready to be refrigerated?

Upon receiving your shipment of cultured vegetables, they are ready to be refrigerated - EVEN THOUGH they will stay fresh and delicious at room temperature well past the time it will take to consume them. Cultured veggies have an amazing shelf life! For example, if you wish to take them on a camping or hiking trip, your veggies will remain fresh and delicious for months. They will continue to slowly ferment taking on a softer consistency with a more pungent kraut-like flavor. We like to leave our veggies out for months at a time. They're fabulous!

TO STORE YOUR CULTURED VEGETABLES, press down the remaining veggies in the jar so they are under the brine (juice). You can achieve this by placing your fist inside the wide-mouth jar while pressing firmly on the surface of the CV's. Make sure your hands are clean. Seal tightly and place in the BACK of your refrigerator where it is coldest. We encourage all of our customers to purchase a refrigerator thermometer. This allows you to see how cold your fridge is, which is key to the shelf life of your perishable foods and saves you money in the long run. Even though CV's are not a perishable food, they will continue to culture inside the refrigerator if the temperature rises above 40 degrees. Ideally, your fridge should be kept at 38 or 39 degrees in the FRONT and 37 or 38 degrees in the BACK. A thermometer will be very helpful in setting your refrigerator to the proper temperature. CV's will not continue to culture below 40 degrees, therefore their texture, tartness and over all flavor will be locked in for as long as it takes you to consume them.

How do I eat my cultured veggies?

There are many ways to incorporate cultured vegetables (CV's) into your existing diet. Here are a few ideas to get you started:

- Toss CV's throughout your salad along with an unrefined, organic, first-cold pressed oil as a tasty alternative to vinegar.
- Add CV's to a sandwich or wrap along with lettuce, tomatoes and other fresh veggies.
- Add cultured veggies to raw sour cream, homemade organic mayonnaise or organic Dijon mustard for an incredible spread/dip to serve along with raw veggies.
- Spoon some CV's over an organic avocado, add sea salt and drizzle on roasted pumpkin seed oil, pine nut oil, or macadamia nut oil and devour! This is one of our favorite snacks.
- Serve a side of CV's to complement organic scrambled eggs cooked in coconut oil and sprinkle with sea salt. You won't believe how the CV's enhance the flavor of your eggs!
- If you're eating red potatoes or sweet potatoes, bake or roast as usual, melt on raw butter and add sea salt, allow to cool for a few minutes. Spoon CV's over potatoes and enjoy them like never before.
- Place a sheet of Nori seaweed on a flat surface. Spread on raw, organic sesame tahini and sprinkle with sea salt and dulse flakes. Add organic chicken or turkey slices, organic romaine lettuce, thinly sliced cucumber and cultured veggies. Roll up into a log and enjoy!
- Serve CV's mixed with a tasty oil and sea salt along with baked blue corn chips as a healthier alternative to commercial salsa.
- Serve CV's as a side with any meal for added flavor enhancement and digestive aid.
- Add CV's to raw kefir or yogurt along with shredded cucumber, dill and sea salt for a delicious cold and creamy summer soup.
- Melt raw butter over a very low heat and allow it to slightly cool. Pour butter over cultured veggies; add sea salt and a dash of cayenne pepper. Stir well and consume immediately.

If you have a suggestion for a new way to incorporate cultured veggies into a healthy diet, please don't hesitate to contact us with your CV serving ideas. We'd love to hear from you!

NOTE: Due to the fact that our cultured vegetables are a "living" food, there may be expansion or settling of the product during shipping. If exposed to a warm environment, the veggies may expand. If exposed to a cold environment, the veggies may contract and settle. This is normal and will not affect the potency, efficacy or taste of your veggies. Sold by weight, not by volume.