

GREAT TASTE, GREATER GOOD.

[www.eat-wholesome.com](http://www.eat-wholesome.com)

*We donate the equivalent of seeds  
for one sq ft of farmland for each  
Eat Wholesome™ product bought.*



- *Live and unpasteurised*
- *Rich in probiotics*
- *Tangy but vinegar-free*

**Storage:** Refrigerate and best eaten within 4 days of opening.

**Ingredients:** Beetroot\* (60%), water, salt, garlic\*, bay leaf\*, pepper\*. \*Organic.

**Prepared for:** Eat Wholesome Ltd.

Grand Union House, 20 Kentish Town Rd,  
London, UK, NW1 9NX

eat wholesome™  
FOOD CO.

ORGANIC  
— RAW —



FERMENTED BEETROOT

Thinly sliced

Typical Nutrition Values  
Per 100g

Energy	88kj/21kcal
Fat	0.1g
of which saturates	0.0g
Carbohydrate	4.8g
of which sugar	3.3g
Protein	0.9g
Salt	2.5g

**Best Before:** See lid.

500g e

300g Drained  
Weight



PL-EKO-01  
EU Agriculture

