

DR. MERCOLA®
PREMIUM NUTRITION



CULTURE STARTER

for Vegetable Fermentation



10 PACKETS • NET WT. 0.7 OZ. (20 g)

Nutrition Facts

Serving Size: 1 Packet 0.07 OZ. (2.0 g)
Servings Per Container: 10

Amount Per Serving

Calories 0

%DV*

Total Fat 0 g 0%

Sodium 0 mg 0%

Total Carbohydrate 2 g 1%

Dietary Fiber 1 g 4%

Sugars 1 g

Protein 0 g

Not a significant source of calories from fat, saturated fat, *trans* fat, cholesterol, protein, vitamin A, vitamin C, calcium, and iron.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: MICROCRYSTALLINE CELLULOSE, *LACTOBACILLUS ACIDOPHILUS* (DDS®-1), *BIFIDOBACTERIUM LACTIS*, FRUCTOOLIGOSACCHARIDE, SILICON DIOXIDE, *LACTOBACILLUS PLANTARUM*, *LACTOBACILLUS RHAMNOSUS*, *LACTOBACILLUS CASEI*, *BIFIDOBACTERIUM BIFIDUM*, *LACTOBACILLUS BREVIS*, *BIFIDOBACTERIUM LONGUM*, *STREPTOCOCCUS THERMOPHILES*, *LACTOBACILLUS SALIVARIUS*.

DISTRIBUTED BY: NHP
125 SW 3rd Place
Cape Coral, FL 33991 USA
(877) 985-2696

DDS®-1 is a Registered Trademark of UAS Laboratories, LLC.
†At Time of Manufacture.



- Each convenient packet provides you with the perfect amount of Culture Starter to ferment a quart of your favorite vegetables
- Contains a unique blend of ten probiotic strains, specifically selected to help produce vitamin K2

INSTRUCTIONS FOR VEGETABLE FERMENTATION

PREPARE YOUR VEGETABLES • Cut and shred your selection of raw vegetables.

CREATE THE BRINE • Juice half a bunch of celery and add one packet of Kinetic Culture per every quart of vegetables.

PACK THE JARS • Thoroughly mix shredded vegetables and brine in a bowl. Tightly compress mixture into quart sized canning jars, eliminating air pockets. Top each jar with a cabbage leaf, securely tucking in each corner. Vegetable mixture should be completely submerged in the brine.

SEAL THE JAR • Cover each jar with a Dr. Mercola Kinetic Culture Jar Lid. Jars should be stored at room temperature for three to seven days.

REFRIGERATE AND ENJOY • Your fermented vegetables should be consumed within two to six months.

For more detailed instructions and to view Dr. Mercola's favorite fermented vegetable recipe, visit kinetic-culture.com

Special safety precautions are to be used when fermenting vegetables. Please visit kinetic-culture.com to view additional safety warnings. Read all instructions and safeguards prior to using this product.

KEEP PACKETS OUT OF REACH OF CHILDREN. DO NOT USE IF PACKET IS TORN OR DAMAGED.

THIS STARTER CULTURE IS DESIGNED FOR VEGETABLE FERMENTATION AND NOT FOR DIRECT CONSUMPTION.

PACKETS ARE STABLE FOR UP TO 12 MONTHS WHEN STORED IN A COOL, DRY PLACE. Refrigeration recommended, but not required.

"I am passionate about formulating my products using a holistic approach for optimal health and wellness."



-Dr. Joseph Mercola



• Premium Products –

Compare my ingredients to other leading brands. You'll see the pride taken in producing simple, high quality products you can trust.

• **My Mission** – Partner with leading charities committed to protect your right to achieve optimal health.

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