

## Nutrition Facts Valeur nutritive

Per 2 Tbsp (30mL)  
par 2 c. a. thé (30g)

**Calories 28** % Daily Value\*  
% valeur quotidienne

**Carbohydrate / Glucides 8g**  
Fibre / Fibres 4g  
Sugars / Sucres 1g 1%

**Fat/Lipides 0g**  
Saturated/Saturés 0g  
+Trans/trans 0g 0%

**Protein/Protéines 0g**

**Cholesterol/Cholestérol 0mg**

**Sodium/Sodium 150mg** 6%

Potassium 95mg 2%

Calcium 22mg 2%

Iron/Fer .29mg 2%

\*5% or less is a **little** / 5% ou moins c'est **peu**  
15% or more is a **lot** / 15% ou plus c'est **beaucoup**

VEGAN/  
VÉGÉTALIEN

GLUTEN FREE/  
SANS GLUTEN

RAW/  
CRU



CERTIFIED BY/  
CERTIFIÉ PAR  
ECOCERT  
CANADA



PRODUCT OF  
CANADA/  
PRODUIT DU CANADA

PREPARED BY GREEN TABLE FOODS  
40 TAGGART ST, GUELPH  
ON N1L 1M5



GREENTABLEFOODS.COM

500 mL

# living organic

# BEETS

# BETTERAVES

## vivantes biologiques

NATURALLY FERMENTED, ENZYME RICH, PRO-BIOTIC  
FERMENTÉ NATURELLEMENT, RICHE SOURCE D'ENZYMES, PRO-BIOTIQUE

KEEP REFRIGERATED | GARDER AU RÉFRIGÉRATEUR



## LIVING BEETS/ BETTERAVES VIVANTES

Fermented beets spiked with ginger and pink salt.  
100% Vegan, Gluten-Free & Always Raw.

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From our kitchen to yours,  
From our kitchen to yours,

*Caroline + Josh*

Caroline & Josh, Founders, Green Table Foods

**INGREDIENTS:** ORGANIC BEETS, PINK HIMALAYAN SALT,  
ORGANIC GINGER. **INGRÉDIENTS:** BETTERAVES  
BIOLOGIQUES, SEL ROSE DE L'HIMALAYA,  
GINGEMBRE BIOLOGIQUE.