

Organic chicken supplement called sauerkraut that helps to boost weight and increase profits

Sauerkraut benefits

Sauerkraut helps to boost immunity, protects intestines and gut as well as killings bacteria. Additionally, sauerkraut also it improves gut health, reduces stress and improves digestion by creating a good environment. Lastly sauerkraut increase nutrient absorption, and also improves food conversion efficiency.

Preparation and precaution

Start by washing and weighing cabbage, add 2 spoonful of salt per 1 kg cabbage. Thereafter, peel off top cabbage leaves, remove cabbage stem and cut it into pieces. Furthermore sprinkle salt, mix and allow them to settle. Additionally, massage the cabbage, fill it in glass or plastic container and press until brine comes. Add brine to completely cover cabbage, tightly cover and allow fermentation for 2-4 weeks.