



## Live Carb Smart® 5 Seed Bread



UPC: 071314049719

Net Weight: 14oz (0lbs 14oz)  
397g

### Specifications

**Count:**  
14 (12+2) / 14 oz.

**Dimensions:**  
8" L x 4" W x 4" H

**Availability:**  
Monday, Thursday, Saturday

Five, count 'em, FIVE-seed bread—and it's keto-friendly. Pumpkin, sunflower, flax, sesame and chia seeds are naturally delicious, and kind on your waistline.



No high  
fructose corn  
syrup



Zero grams of  
trans fats



Pareve

### Ingredients

RESISTANT WHEAT STARCH, WATER, WHEAT GLUTEN†, YEAST, WHEAT PROTEIN ISOLATE†, ALLULOSE, OAT FIBER†, CONTAINS LESS THAN 2% OF INULIN†, BROWN FLAX SEEDS†, GOLDEN FLAX SEEDS†, HULLED SESAME SEEDS, BLACK SESAME SEEDS, SUNFLOWER SEED KERNELS†, SOYBEAN OIL, VINEGAR, SALT, CALCIUM PROPIONATE (A PRESERVATIVE), POTASSIUM CHLORIDE, GUAR GUM, DEXTROSE†, CORN STARCH, NATURAL FLAVOR†, SORBIC ACID (A PRESERVATIVE), SOYBEAN OIL (HYDROGENATED), WHEAT STARCH, ASCORBIC ACID, NATAMYCIN (A PRESERVATIVE), SESAME. †adds a trivial amount of sugar

Contains wheat and sesame ingredients.

### Nutrition Facts

14 Servings per container

Serving size

1 slice (28g)

Amount per serving

**Calories**

**35**

% of Daily Value\*

**Total Fat 1g**

**1%**

Saturated Fat 0g

**0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol 0mg**

**0%**

**Sodium 110mg**

**5%**

**Total Carbohydrate 11g**

**4%**

Dietary Fiber 9g

**32%**

Soluble Fiber 0g

Insoluble Fiber 9g

Total Sugar 0g

Includes 0g Added Sugars

**Protein 3g**

Vitamin D 0mcg

**0%**

Calcium 30mg

**2%**

Iron 0.4mg

**2%**

Potassium 50mg

**2%**



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