



Our Products



Products

# Live Carb Smart® 5 Seed Bread

UPC: 71314049719

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

Dimensions:  
8.000x4.000x4.000 IN

Trying to watch your carbs? Now you can Live Carb Smart.

WATER, RESISTANT WHEAT STARCH, WHEAT GLUTEN\*, YEAST, WHEAT PROTEIN ISOLATE\*, RESISTANT TAPIOCA STARCH, INULIN\*, ALLULOSE\*\* OAT FIBER\*, BROWN FLAX SEEDS\*, GOLDEN FLAX SEEDS\*, HULLED SESAME SEEDS, BLACK SESAME SEEDS, SOYBEAN OIL, VINEGAR, SALT, SUNFLOWER SEED KERNELS\*, CALCIUM SULFATE, VITAMIN D2 (ERGOCALCIFEROL), CALCIUM PROPIONATE (A PRESERVATIVE), GUAR GUM, POTASSIUM CHLORIDE, WHEAT STARCH, SORBIC ACID (A PRESERVATIVE), DEXTROSE\*, HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR\*, ASCORBIC ACID, NATAMYCIN (A PRESERVATIVE). \*adds a trivial amount of sugar and added sugar

**Contains wheat ingredients.**

## Nutrition Facts

14 Servings per container

Serving size

1 slice (28g)

Amount per serving

**CALORIES**

**50**

% of Daily Value\*

**Total Fat 1.5g** **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat

1g

Monounsaturated Fat

0.5g

**Cholesterol 0mg** **0%**

**Sodium 110mg** **5%**

**Total Carbohydrate 11g** **4%**

Dietary Fiber 6g **21%**

Soluble Fiber 1g

Insoluble Fiber 5g

Total Sugar 0g

Includes 0g Added

Sugars

**Protein 5g**

Vitamin D 2.0mcg **10%**

Calcium 90mg **8%**

Iron 0.4mg **2%**

Potassium 60mg **2%**

Thiamine

Riboflavin

Niacin

Folate (Folic Acid)

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

*While we make every effort to post the most current product nutrition facts and ingredients on this website, your best source of product information is printed on the package you purchase.*