



## 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:**  
Tuesday, Friday, Saturday

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



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\*, INULIN\*, BROWN FLAX SEEDS\*, GOLDEN FLAX SEEDS\*, HULLED SESAME SEEDS, BLACK SESAME SEEDS, SOYBEAN OIL, VINEGAR, SALT, SUNFLOWER SEED KERNELS\*, CALCIUM PROPIONATE (A PRESERVATIVE), GUAR GUM, POTASSIUM CHLORIDE, WHEAT STARCH, DEXTROSE\*, NATURAL FLAVOR\*, CORN STARCH, SOYBEAN OIL (HYDROGENATED), SORBIC ACID (A PRESERVATIVE), 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

**40**

	% of Daily Value*
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol 0.5mg</b>	<b>0%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 9g	<b>32%</b>
Soluble Fiber 0g	
Insoluble Fiber 9g	
Total Sugar 0g	
Includes 0g Added Sugars	
<b>Protein 5g</b>	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.4mg	<b>4%</b>
Potassium 60mg	<b>2%</b>

\*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.



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