



LC-Snack Pack®



Blackberries & Toasted Coconut

**Diabetic
Friendly
Gluten
Free**

Net Carbs
2g
Per Serving

**Paleo
Ketogenic
LCHF**

Nutrition Facts

Amount Per Serving
Serving Size ¼ cup (14.8g)
Servings per container 2

Calories 87

Calories from Fat 59

%Daily Value*

Total Fat 6.5g	10%	Total Carbohydrate 6g	2%
Saturated Fat 5.5g	28%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	Protein 1g	4%
Sodium 4mg	0%	Net Carbs 2g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Dehydrated unsulfured unsweetened toasted coconut, freeze dried unsweetened blackberries

Allergen Warning: Processed in a facility that uses gluten & nuts.



7 54205 30334 2

Manufactured by:
LC-Foods® Corp
Raleigh, NC 27604

www.HoldTheCarbs.com

Net Wt. 1.04 oz. (29.6g) (Mix Weight May Vary)