

LC-Natural Blackberry Preserves[®]



**Artificial
Sweetener
FREE**

**Diabetic
Friendly
Low
Carb**

**Net Carbs
1g
Per Serving**



www.HoldTheCarbs.com

Nutrition Facts

%Daily Value*

Total Fat 0g	0%	Total Carbohydrate 1g	0%
Saturated Fat 0g	0%	Dietary Fiber <1g	0%
Trans Fat 0g		Sugars 1g	0%
Cholesterol 0mg	0%	Protein 0g	0%
Sodium 10mg	0%	Net Carbs 1g	

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

Serving Size 1 Tbsp (15g)

Servings per package 32

Amount Per Serving

Calories 4

Calories from Fat 0

Manufactured for LC Foods[™]
Company, Raleigh NC

Ingredients: Blackberries, water, pectin, lemon juice, natural organic stevia rebaudiana leaf herbal extract, natural luohanguo monk fruit, preservatives (potassium sorbate, fumaric acid, calcium citrate, sodium benzoate), maltodextrin.

Net Wt. 16 oz. (453g) Approx. 2 cups