

LC-Coconut Flakes Unsweetened[®]



**Diabetic
Friendly
Gluten
Free**



Net Carbs
2g
Per Serving

Nutrition Facts

Serving Size 1/4 Cup (15g)
Servings per container 20

Amount Per Serving

Calories 110

Calories from Fat 90

		%Daily Value*	
Total Fat 10g	15%	Total Carbohydrate 4g	1%
Saturated Fat 9g	45%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 1g	0%
Cholesterol 0g	0%	Protein 1g	2%
Sodium 5mg	0%	Net Carbs 2g	

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

Ingredients: Dehydrated unsulfured unsweetened coconut meat

Warning: Processed in a facility that uses wheat gluten and nuts.

www.HoldTheCarbs.com

Net Wt. 10.6 oz. (300g) Approx. 5 cups



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Manufactured for LC Foods[™]
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