



Our mission is to provide delicious, nourishing, low-carb foods to help people support their blood sugar levels.




**67%** of consumers say their snack expenses have increased over the past year. Healthy snacks offerings is likely to attract customers looking to indulge their grazing habits.

Deloitte, The future of food: a Canadian perspective

## The Low Carb Co crackers are:

- NON-GMO, Keto, Gluten/Grain Free, Vegan, Sugar Free and Kosher
- Full of fibre, protein, healthy fats, vitamins & minerals
- A great snack, excellent paired with cheese, spreads, dips, salads, yogourt and even in your favourite recipe

And their packaging is 100% recyclable 

Light and airy, they are simply delicious!



We exist to join the movement of understanding the impact of food on both brain and body. Join us at [www.thelowcarbco.ca](http://www.thelowcarbco.ca). Contact [jack@thelowcarbco.ca](mailto:jack@thelowcarbco.ca) to buy now.

Follow us on instagram at [thelowcarbco\\_](https://www.instagram.com/thelowcarbco_)



# Everything Bagel

UPC: 628942407383

Ingredients: Sunflower seeds, Sesame seeds, Flaxseed, Pumpkin seeds, Coconut oil, Dried garlic, Psyllium seed husk, Dried onion, Chia seeds, Sea salt, Poppy seeds.

Pouch size: 101g | Shelf Life: 10 months

Pouches/case: 12 | Case dimensions: 12x10x7"

Nutrition Facts	
Valeur nutritive	
Per 6 crackers (30 g)	
pour 6 craquelins (30 g)	
Calories 170	% Daily Value*
Fat / Lipides 14 g	19 %
Saturated / saturés 2.5 g	
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 190 mg	8 %
Potassium 200 mg	6 %
Calcium 125 mg	10 %
Iron / Fer 3 mg	17 %
Vitamin E / Vitamine E 3.5 mg	23 %
Thiamine 0.3 mg	25 %
Riboflavin / Riboflavine 0.075 mg	6 %
Niacin / Niacine 1.5 mg	9 %
Vitamin B6 / Vitamine B6 0.25 mg	15 %
Folate 40 µg DFE / EFA	10 %
Phosphorus / Phosphore 200 mg	16 %
Magnesium / Magnésium 100 mg	24 %
Zinc 1.75 m g	16 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



# Original

UPC: 628942407345

Ingredients: Sunflower seeds, Sesame seeds, Flaxseed, Pumpkin seeds, Coconut oil, Psyllium seed husk, Chia seeds, Sea salt.

Pouch size: 101g | Shelf Life: 10 months

Pouches/case: 12 | Case dimensions: 12x10x7"

Nutrition Facts	
Valeur nutritive	
Per 6 crackers (30 g)	
pour 6 craquelins (30 g)	
Calories 170	% Daily Value*
Fat / Lipides 15 g	20 %
Saturated / saturés 2.5 g	
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 115 mg	5 %
Potassium 200 mg	4 %
Calcium 100 mg	8 %
Iron / Fer 2.5 mg	14 %
Vitamin E / Vitamine E 4.25 mg	28 %
Thiamine 0.35 mg	29 %
Riboflavin / Riboflavine 0.075 mg	6 %
Niacin / Niacine 1.75 mg	11 %
Vitamin B6 / Vitamine B6 0.25 mg	15 %
Folate 40 µg DFE / EFA	10 %
Phosphorus / Phosphore 200 mg	16 %
Magnesium / Magnésium 110 mg	26 %
Zinc 1.75 m g	16 %
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# Cracked Pepper

UPC: 628942407369

Ingredients: Sunflower seeds, Sesame seeds, Flaxseed, Pumpkin seeds, Coconut oil, Psyllium seed husk, Chia seeds, Black pepper, Sea salt.

Pouch size: 101g | Shelf Life: 10 months

Pouches/case: 12 | Case dimensions: 12x10x7"

Nutrition Facts	
Valeur nutritive	
Per 6 crackers (30 g)	
pour 6 craquelins (30 g)	
Calories 170	% Daily Value*
Fat / Lipides 15 g	20 %
Saturated / saturés 2.5 g	
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 140 mg	6 %
Potassium 200 mg	4 %
Calcium 100 mg	8 %
Iron / Fer 2.75 mg	15 %
Vitamin E / Vitamine E 4.25 mg	28 %
Thiamine 0.35 mg	25 %
Riboflavin / Riboflavine 0.075 mg	6 %
Niacin / Niacine 1.75 mg	11 %
Vitamin B6 / Vitamine B6 0.25 mg	15 %
Folate 40 µg DFE / EFA	10 %
Phosphorus / Phosphore 200 mg	16 %
Magnesium / Magnésium 110 mg	26 %
Zinc 1.75 m g	16 %
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# Fennel & Black Cumin

UPC: 628942407376

Ingredients: Sunflower seeds, Sesame seeds, Flaxseed, Pumpkin seeds, Coconut oil, Psyllium seed husk, Chia seeds, Fennel seed, Black cumin, Sea salt.

Pouch size: 101g | Shelf Life: 10 months

Pouches/case: 12 | Case dimensions: 12x10x7"

Nutrition Facts	
Valeur nutritive	
Per 6 crackers (30 g)	
pour 6 craquelins (30 g)	
Calories 170	% Daily Value*
Fat / Lipides 15 g	20 %
Saturated / saturés 2.5 g	
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 5 g	14 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 115 mg	5 %
Potassium 200 mg	4 %
Calcium 125 mg	10 %
Iron / Fer 3 mg	18 %
Vitamin E / Vitamine E 4 mg	27 %
Thiamine 0.3 mg	25 %
Riboflavin / Riboflavine 0.075 mg	6 %
Niacin / Niacine 1.75 mg	11 %
Vitamin B6 / Vitamine B6 0.25 mg	15 %
Folate 40 µg DFE / EFA	10 %
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