

Material for Sami's Bakery, The Diet Mart, and Laurel Health Foods are copied from their websites and pasted onto this sheet. Carb Krunchers is my original label, scanned into my computer and then placed onto this sheet.

www.samisbakery.com Sami's Low Carb 7 Grain Bread Ingredients

Almond Flour, Soy Flour, Bran Flour, Whole Wheat Flour, Oat Flour, Sesame Seed, Unbleached Flour, Vital Wheat, Sunflower Seeds, Salt, Olive Oil, Flax Seed, Dry Yeast Soy Protein, Wheat Germ, Wheat fiber, Cultured Organic Unbleached Wheat Flour.

Wanna know what **Cultured Organic Unbleached Wheat Flour** is? It's called MOLD OUT! And the American Casein Company actually had the audacity to trade mark the name and tout is as an "All Natural" product.

Below are the nutritional facts for Sami's Bagels. Testing showed 34g carbs, 8g fiber with 26g net carbs

[VIEW NUTRITIONAL INFORMATION](#)

Serving Size: 1 Bagel 3oz (86g)
Servings per package: 6 Bagels
Calories: 256
Fat Calories: 108
Total fat: 12g
Sat. Fat: 1g
Cholesterol: 0mg
Sodium: 200mg
Total Carbo: 28g
Dietary Fiber: 24g
Sugar: 0g
Protein: 9g
Dietary Fiber: 24g

The Diet Mart Low Carb Plain Multigrain ingredients and label. <http://dietmart.com/low-carb-breads/98-bread-plain-multigrain.html>

NUTRITION FACTS
CONTENTS MINIMUM: 16OZ'S
2 SLICES APPROX., 2OZ'S
VITAMIN A-0%**VITAMIN C-0%**CACIUM-15%**IRON-10%
AMOUNT PER SERVING
CALORIES: 90/1.5%.....
CALORIES FROM FAT: 16/2.5%.....
TOTAL FAT: 2/3%.....
CHOLESTEROL: 0MG/0%.....
CARBOHYDRATES: 11/1.5%.....
DIETARY FIBER: 6G/20%.....
SUGARS: 0G.....
SUGAR ALCOHOL: 0.5G.....
PROTEIN: 1G/2%.....
SODIUM: 130MG.....

KOSHER INGREDIENTS: ALMOND FLOUR, SOY FLOUR, BRAN FLOUR, WHOLE WHEAT BRAN FLOUR, OAT FLOUR, SESAME FLOUR, UNBLEACHED FLOUR, VITAL FLOUR WHEAT, WHEAT GERM, SALT, ANISE SEEDS, MALTISWEET, CREAM OF TARTAR, EGG WHITES, SOYBEAN OIL, DRY YEAST, SOY PROTEIN, WATER, FIBER GUM.

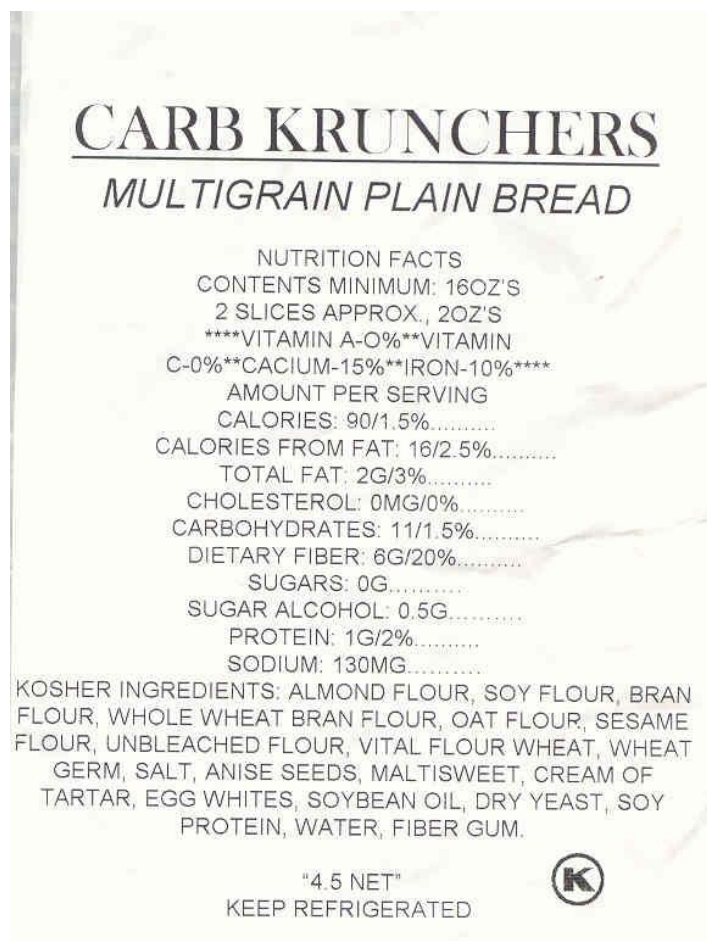
"4.5 NET CARBS"

These people are still peddling Carb Krunchers breads, bagels, and brownies on the internet to this day. For Pete's sake even the word calcium is misspelled on both labels. (CACIUM)

Below are the ingredients listed for the breads at http://www.laurelhealthfoods.com/product_p/plainloaf.htm Look Familiar? See above. The breads and bagels being sold on this website are all Carb Krunchers.

Nutrition Facts : 2 Slices approx. 2 oz's, Amount Per Serving, Calories : 90/1.5%, Calories from Fat : 16/2.5%, Total Fat : 2/3%, Cholesterol : 0mg/0%, Carbohydrate : 11/1.5%, Dietary Fiber : 6g/20% Kosher Ingredients: Almond Flour, Soy Flour, Bran Flour, Whole Wheat Bran Flour, Oat Flour, Sesame Flour, Unbleached Flour, Vital Flour Wheat, Wheat Germ, Salt, Anise Seeds, Maltisweet, Cream of Tartar, Egg Whites, Soybean Oil, Dry Yeast, Soy Protein, Water and Fiber Gum.

Label from the Carb Krunchers bread I purchased from www.vivalowcarb.com



All four sets of ingredients are virtually identical. Not much of a stretch to see they are still adhering to the original Low Carb Emporium bread formula made by Sami's Bakery after all these years which shows that Sami's had and continues to have a winning falsely labeled bread formula.

This is the Diet Mart Brownie being sold today. Notice: **Distributed By: Healthy Delite Snacking Corp.** who also distributed Carb Krunchers breads. Don't know what hydronated oil is but maybe... they mean hydrogenated oil.

