

7421 Mentor Ave. Mentor Ohio (440) 976-2299

10% of our profits are donated to local diabetes charities



Company Profile

Atkins Products

Atkins Candies & Syrups

Bread Products

Bread Mixes

Shake Mixes

Keto Products

Keto Bars, Shakes, Chips

Breakfast Products

Syrups and drink mixes

Candy and Sweets

Specials!



We are a food service store that provides quality low carbohydrate food products. W specialize in Atkins Diet products as well as

other nationally known low carb products. We can provide products that a not easily available at grocery, or health food stores. We can provide these product at competitive prices due to our volume buying power. If you are serious about weight loss and weight control, or are on a diabetic diet, we ca help you.

The LowCarb Store was founded by Robert Pizzamiglio and Chris Blauner who saw a need to provide unique, readily available low carbohydrate food products. Both Robert and Chris have seen significant results using the products that are available at this store.

Contact Information

We are conveniently located in the northeast corner of Mentor Avenue and State Route 306 in Mentor Ohio in the MENTOR SQUARE PLAZA at 7421 Mentor Ave, Mentor Ohio 44064

OUR SECOND STORE IS OPENING SOON at 14439 Cedar Road in South Euclid!

FRANCHISES AVAILABLE!

Did you know?

A new study, partly funded by the Atkins Diet Foundation, suggests that a low carbohydrate diet can improve cholestrerol levels while lowering weight.

Carbohydrates are the culprits that increase blood sugar and trigger that hungry feeling.

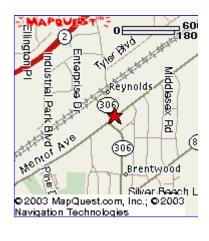
Obese adults have more chronic health problems than smokers and

heavy drinkers.

High fructose corn syrup, which is 20% cheaper than sugar and used in the majority of processed foods, is more easily turned into fat than any other

carbohydrate.





Click here for further informatic

Store Hours: Monday thru Saturday 10 AM to 8 PM Saturday 10 to 8 and Sunday 12 to 5

7421 Mentor Ave, Mentor Ohio 44060

Telephone: (440)975-2299

(Northeast corner of Rt306 and Mentor Ave in the Mentor Squar Plaza)

Email: orders@thelowcarb.com



E- Commerce power by PayPal



Richard216@comcast.net

This site is designed and maintained by Barnett Computer Services - email inquiries to :

For all you Carb Conscious guys and gals, BLIMPIE is proud to present our new BLIMPIE Carb Counter™ Menu -- a great addition to the classic BLIMPIE Subs and Salads menu.

INTRODUCING

THE ...

The BLIMPIE Carb Counter Menu offers you a mouth-watering variety of great sandwiches, salads and sides packed with the same great taste and variety as our classic BLIMPIE menu but with a lower net effective carb⁺ count.

We've made it easy for you to be carb conscious, Enjoy!

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SOBE: LEAN Diet Cranberry Grapefruit~ 1 net effective carb*



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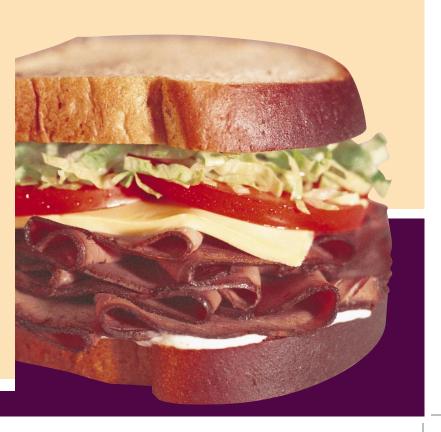
• EXTRAS •

	NET EFFECTIVE CARBS*	
Atkins Crunchers™		
Nacho Snack Chips (1.0-02.)	3	5
Atkins Crunchers™ BBQ Snack Chips (1.0-02.)	3	4
Atkins Cruncherst Original Snack Chips (1.0-02.)) 4	3
Atkins Crunchers™ Sour Cream & Onion Snack Chips (1.0-02.)	4	4
Atkins "Sweet as Honey" Mustard Dressing (1.0-02.)		12
Atkins™ French Dressing (1.0-02.)	1	11
Atkins Endulge™ Peanut Butter Cups	2	13
Brownie	0	5
Oil/Vinegar (1.5-02.)	0.5	4
Pesto (1.5-02.)	0.5	7
Cracked Peppercorn Dressing (1.5-02.)	2	25
Caesar Dressing (1.5-02.)	2	22
Light Italian Dressing (1.5-02	.) 2	1
Blev Cheese Dressing (1.5-0	z.) 2	24
Yellow Mustard (1 tsp.)	0	0
Мацо (1 tbsp.)	1	11
Swiss Cheese (.75-02.)	0	6
Cheddar Cheese (1.0-02.)	0	4.5
Provolone Cheese (.75-02.)	0	6
Bacon (1.5 grams)	0	7
Tomato (1 slice)	1.5	0

*Net Effective Carbs include only those carbs that cause a noted effect on your blood sugar levels.

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NUTRITIONAL INFORMATION

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• SANDWICHES •

Sandwiches dressed with tomato, lettuce on 7-grain (onion) fiber bread

Nutritional Data Serving Size: 1 Container (320g)	Tender roast beef pile high with real chedd
Amount Per Serving	cheese, juicy tomato and crisp lettuce
Calories 400 Calories from Fat 230	
% Daily Value*	finished off with tang
Total Fat 25g 39%	Wasabi Horseradish
Saturated Fat 8g 40%	sauce served on 7-G
Cholesterol 85mg 29%	onion bread. WOW
Sodium 1310mg 55%	
Total Carbohydrate 16g 5%	
Dietary Fiber 10g 38%	
Sugars 3g	N/C-T-
Protein 30g	NET
CARBOHYDRATE FACTS	EFFECTIVE
Total Carbohydrate 16g 5%	CARBS
Dietary Fiber 10g 8%	
Sugar Alcohols Og	
*Net Effective Carbs 6g *includes only those carbs that show a noted effect on blood sugar	6 grams
Vitamin A 15% • Vitamin C 35% • Calcium 20% • Iron 15%	er alvis
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutritional Data Serving Size: 1 Container (315g) Amount Per Serving	Lots and lots of oven roasted turkey and provolone cheese with
Calories 340 Calories from Fat 180	fresh tomato and sliced
Calories 140 Calories 1000 Pat 180 % Daily Value* 31% Total Fat 20g 31% Saturated Fat 4.5g 23% Cholesterol 70mg 24% Sodium 1210mg 51%	lettuce topped with Southwestern Chipotle sauce on 7-Grain onion bread.
Total Carbohydrate 16g 5% Dietary Fiber 10g 38% Sugars 3g	COME & GET IT!
Protein 18g	NET
CARBOHYDRATE FACTS Total Carbohydrate 16g 5% Dietary Fiber 10g 38% Sugar Alcohols 0g *Net Effective Carbs 6g *indust sty has carb flat to blod sugar Vitamin A 15% • Vitamin C 25% • Calcium 20% • Iron 6% *Percent Daily Values are based on a 2,000 calorie diet.	NET EFFECTIVE CARBS 6 grams

Buffalo Chicken & Cheese Sandwich

Nutritional Data Serving Size: 1 Container (315g) Amount Per Serving Calories from Fat 210 Calories 380 Total Fat 23g Saturated Fat 6g Cholesterol 80mg Sodium 1060mg

Total Carbohydrate 17g

Total Carbohydrate 17g

Vitamin A 15% • Vitamin C 35% • Calcium 20% • Iron 6%

Percent Daily Values are based on a 2,000 calorie diet

Dietary Fiber 10g

Sugar Alcohols Og

Dietary Fiber 10g

Sugars 3g

Protein 28g

with flavor and topped % Daily Value 35% 32% 27% 44% bread. YVM! 6% 38% NET CARBOHYDRATE FACTS 6% CARBS 38% *Net Effective Carbs 7g *includes only those carbs that show

Ham & Swiss Sandwich

Nutritional Data Serving Size: 1 Container (272g) Amount Per Serving Calories 310 Calories from Fat 150 % Daily Value Total Fat 17g 26% Saturated Fat 5g 25% Cholesterol 60mg 20% Sodium 980mg 41% Total Carbohydrate 17.5g 6% Dietary Fiber 9g 37% Sugars 5g Protein 21g CARBOHYDRATE FACTS EFFECTIVE Total Carbohydrate 17.5g 6% CARBS Dietary Fiber 9g 37% Sugar Alcohols Og .D grams *Net Effective Carbs 8.5g *includes only those carbs that show Vitamin A 15% • Vitamin C 35% • Calcium 26% • Iron 6% rcent Daily Values are based on a 2,000 calorie diet

Try our sliced chicken with a kick! Tender sliced buffalo chicken and provolone cheese bursting

with juicy tomato, lettuce and Sun Dried Tomato sauce on 7-Grain onion EFFECTIVE tgrams

Bite into a classic! A heaping helping of 96% fat free ham, aged Swiss and yellow mustard with fresh tomato and crisp lettuce on 7-Grain onion bread. Mmmmm! NET

Net Effective Carbs 7g *includes only those carbs that show /itamin A 15% • Vitamin C 10% • Calcium 20% • Iron 8% Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Data

Serving Size: 1 Container (298g)

Amount Per Serving

Calories 250

Total Fat 13g

Saturated Fat 6g

Cholesterol 70mg

Sodium 1970mg

Dietary Fiber 2g

Sugars 6g

Protein 22g

Total Carbohydrate 9g

Total Carbohydrate 9g

Dietary Fiber 2g

Sugar Alcohols Og

CARBOHYDRATE FACTS

Nutritional Data erving Size: 1 Container (298g) int Per Serving

mount Per Serving	
Calories 390	Calories from Fat
	% Daily Va
otal Fat 28g	4
Saturated Fat 7g	3
holesterol 85mg	2
odium 1300mg	ţ
otal Carbohydrate 7g	
Dietary Fiber 2g	
Sugars 3g	
Protein 26g	
ARBOHYDRATE FACTS	;
otal Carbohydrate 7g	
Dietary Fiber 2g	
Sugar Alcohols Og	
Net Effective Carbs 5g *includes	only those carbs that show a noted effect on b
itamin A 10% • Vitamin C 10% •	Calcium 4% • Iron 6%
Percent Daily Values are based on a 2	2,000 calorie diet.

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Antipasto Salad

• SALADS •

Calories from Eat 120

% Daily Value*

21%

30%

23%

82%

3%

8%

3%

8%

Get yourself the Best salad at BLIMPIE! Fresh green lettuce with the same great meats & cheeses in our BLIMPIE Best[®] sub topped with Light Italian dressing This is a true meat lover's salad. BELLISSIMO!

NET

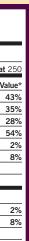
EFFECTIVE

CARBS

7 grams

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Buffalo Chicken Salad



Fresh green lettuce with 4 ounces of tangy buffalo chicken, topped with rich bleu cheese dressing. DIGI INI





October 8, 2003 4:38 p.m. EDT

PRESS RELEASE

The Hain Celestial Group Launches Line of All Natural Low-Carb Foods

- Products Do Not Contain Any Trans-fat, Hydrogenated Oil, or Chemicals for

Taste and Stability -

MELVILLE, N.Y., Oct. 8 /PRNewswire/ -- The Hain Celestial Group, the country's leading natural and organic food company, today announced the launch of Carb Fit, its new low-carbohydrate food brand designed to meet the demands of today's health- conscious consumers. These products are unique for two reasons: first, they are all natural, kosher, and do not contain trans-fat, hydrogenated oils, or chemicals to achieve taste and stability, and second, all Carb Fit products will be co-branded with well-known Hain Celestial brands including Hain Pure Snax (TM), DeBoles(R) Pasta, and Health Valley(R), among others. This will help communicate the Carb Fit product value and taste to consumers currently purchasing these national natural brands.

"We are very conscious of the rising level of obesity in the U.S., particularly among children," stated Irwin Simon, president and chief executive officer of Hain Celestial. "Recent research indicates that more than 60% of all consumers purchasing products lower in carbohydrates are doing so as part of a weight reduction program," he continued. "Our objective is to provide great-tasting, all natural products that meet this need, and instill consumer confidence in the taste and quality of these products by co-branding our new Carb Fit name with our other well-known brands, in the categories in which they are best known."

The initial launch of Carb Fit will feature :

- * Carb Fit/Hain Pure Snax Twirls: A corkscrew-shaped crispy soy snack, available in Nacho and Ranch -- only five net carbs per serving.
- * Carb Fit/Hain Pure Snax Soy Nuts: A crunchy new snack in salted and red hot flavors -- only six net carbs per serving.
- * Carb Fit/DeBoles Pasta: 77% less carbs than regular pasta -- only 8-9 grams of net carbs per serving -- four varieties (penne, rotini, elbow and spaghetti).
- * Carb Fit/Health Valley Cookies: available in chocolate chip, peanut butter and almond with only 6-8 grams of net carbs per serving.

http://online.wsj.com/article_print/0,,PR_CO_20031008_001806,00.html

Future co-branded initiatives are underway for other new products to launch in January of 2004.

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About The Hain Celestial Group:

The Hain Celestial Group, headquartered in Melville, NY, is a natural, specialty and snack food company. The Company is a leader in 13 of the top 15 natural food categories, with such well-known natural food brands as Celestial Seasonings(R) teas, Walnut Acres(R), Hain Pure Foods (R), Westbrae(R), Westsoy(R), Rice Dream(R), Soy Dream(R), Imagine(R), Arrowhead Mills(R), Health Valley(R), Breadshop's(R), Casbah(R), Garden of Eatin(R), Terra Chips(R), Yves Veggie Cuisine(R), The Good Dog(R), The Good Slice(R), DeBoles(R), Lima(R), Biomarche(R), Grans Noirs(R), Earth's Best(R), and Nile Spice. The Company's principal specialty product lines include Hollywood(R) cooking oils, Estee(R) sugar-free products, Kineret(R) kosher foods, Boston Better Snacks(R), and Alba Foods(R). The Hain Celestial Group's Web site can be found at www.haincelestial.com.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

/CONTACT: Melanie Vigliotti, +1-212-642-7778, melanie.vigliotti@edelman.com, for The Hain Celestial Group/

16:38 EDT

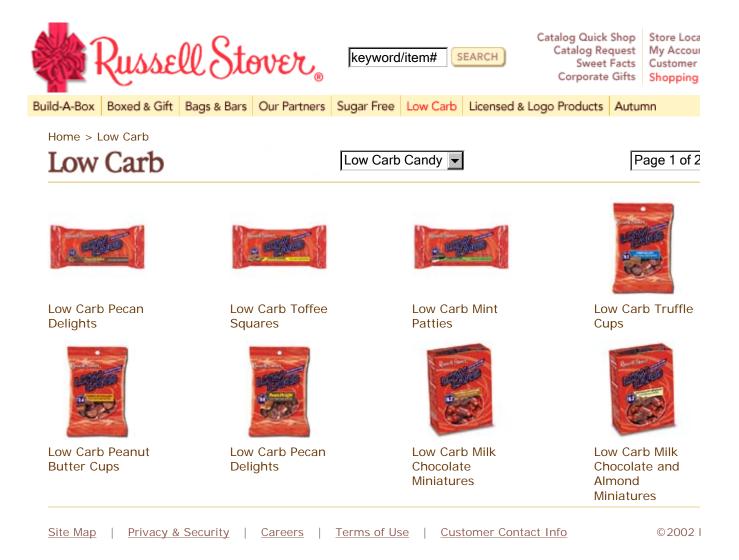
URL for this article: http://online.wsj.com/article/0,,PR_CO_20031008_001806,00.html

Updated October 8, 2003 4:38 p.m.

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What are Maxim Energy Bars?

Maxim Energy Bars are delicious cereal bars rich in carbohydrate and other nutrients providing top grade performance nutrition. Available in six flavours including chocolate and yoghurt coated varieties, Maxim Energy Bars are the ideal high energy food to boost your energy levels at any time.

Key Benefits of Maxim Energy Bars

Energy Packed Performance Food.

Maxim Energy Bars are the ideal high energy snack before, during and after exercise. Packed with carbohydrate they are particularly useful during long, gruelling endurance events and when normal foods are not available. Maxim Energy Bars also make a tasty treat after a hard training session as well as helping to promote recovery.

Sustained Energy Delivery.

Maxim Energy Bars contain carbohydrate from fruits, cereals and refined sugars, as well as a high grade glucose polymer. This combination of fast and slow 'burning' carbohydrates give a sustained delivery of energy for maximum performance.

Low in Fat.

Maxim Energy Bars are up to 97% fat free, with even the chocolate and yoghurt coated varieties providing less then 20% of the calories as fat. They make a tasty, yet healthier alternative to chocolate bars and other high fat snacks.

Suitable for vegetarians.