



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

10% of our profits are donated to local diabetes charities

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We are a food service store that provides quality low carbohydrate food products. We specialize in Atkins Diet products as well as other nationally known low carb products. We can provide products that are not easily available at grocery, or health food stores. We can provide these products 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 can 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![Click here for further informati](#)**Did you know?**

A new study, partly funded by the Atkins Diet Foundation, suggests that a low carbohydrate diet can improve cholesterol 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.



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 Square Plaza)

Email: orders@thelowcarb.com



E- Commerce power by PayPal



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

Richard216@comcast.net

INTRODUCING
THE...



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.



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!

SoBe® LEAN Diet Cranberry Grapefruit~
1 net effective carb*



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SoBe® and LEAN are registered trademarks of South Beach Beverages, Inc.

• EXTRAS •

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



NUTRITIONAL INFORMATION



• SANDWICHES •

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

Roast Beef & Cheddar Sandwich

Nutritional Data	
Serving Size: 1 Container (320g)	
Amount Per Serving	
Calories 400	Calories from Fat 230
% Daily Value*	
Total Fat 25g	39%
Saturated Fat 8g	40%
Cholesterol 85mg	29%
Sodium 1310mg	55%
Total Carbohydrate 16g	5%
Dietary Fiber 10g	38%
Sugars 3g	
Protein 30g	
CARBOHYDRATE FACTS	
Total Carbohydrate 16g	5%
Dietary Fiber 10g	8%
Sugar Alcohols 0g	
*Net Effective Carbs 6g *includes only those carbs that show a noted effect on blood sugar	
Vitamin A 15% • Vitamin C 35% • Calcium 20% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Tender roast beef piled high with real cheddar cheese, juicy tomato and crisp lettuce finished off with tangy Wasabi Horseradish sauce served on 7-Grain onion bread. **WOW!**

NET EFFECTIVE CARBS
6 grams

Buffalo Chicken & Cheese Sandwich

Nutritional Data	
Serving Size: 1 Container (315g)	
Amount Per Serving	
Calories 380	Calories from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 6g	32%
Cholesterol 80mg	27%
Sodium 1060mg	44%
Total Carbohydrate 17g	6%
Dietary Fiber 10g	38%
Sugars 3g	
Protein 28g	
CARBOHYDRATE FACTS	
Total Carbohydrate 17g	6%
Dietary Fiber 10g	38%
Sugar Alcohols 0g	
*Net Effective Carbs 7g *includes only those carbs that show a noted effect on blood sugar	
Vitamin A 15% • Vitamin C 35% • Calcium 20% • Iron 6%	
*Percent 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 flavor and topped with juicy tomato, lettuce and Sun Dried Tomato sauce on 7-Grain onion bread. **YUM!**

NET EFFECTIVE CARBS
7 grams

Turkey & Cheese Sandwich

Nutritional Data	
Serving Size: 1 Container (315g)	
Amount Per Serving	
Calories 340	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 4.5g	23%
Cholesterol 70mg	24%
Sodium 1210mg	51%
Total Carbohydrate 16g	5%
Dietary Fiber 10g	38%
Sugars 3g	
Protein 18g	
CARBOHYDRATE FACTS	
Total Carbohydrate 16g	5%
Dietary Fiber 10g	38%
Sugar Alcohols 0g	
*Net Effective Carbs 6g *includes only those carbs that show a noted effect on blood sugar	
Vitamin A 15% • Vitamin C 25% • Calcium 20% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Lots and lots of oven roasted turkey and provolone cheese with fresh tomato and sliced lettuce topped with Southwestern Chipotle sauce on 7-Grain onion bread. **COME & GET IT!**

NET EFFECTIVE CARBS
6 grams

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	
Total Carbohydrate 17.5g	6%
Dietary Fiber 9g	37%
Sugar Alcohols 0g	
*Net Effective Carbs 8.5g *includes only those carbs that show a noted effect on blood sugar	
Vitamin A 15% • Vitamin C 35% • Calcium 26% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	

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 EFFECTIVE CARBS
8.5 grams

• SALADS •

Antipasto Salad

Nutritional Data	
Serving Size: 1 Container (298g)	
Amount Per Serving	
Calories 250	Calories from Fat 120
% Daily Value*	
Total Fat 13g	21%
Saturated Fat 6g	30%
Cholesterol 70mg	23%
Sodium 1970mg	82%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 22g	
CARBOHYDRATE FACTS	
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugar Alcohols 0g	
*Net Effective Carbs 7g *includes only those carbs that show a noted effect on blood sugar	
Vitamin A 15% • Vitamin C 10% • Calcium 20% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	

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

NET EFFECTIVE CARBS
7 grams

Buffalo Chicken Salad

Nutritional Data	
Serving Size: 1 Container (298g)	
Amount Per Serving	
Calories 390	Calories from Fat 250
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 7g	35%
Cholesterol 85mg	28%
Sodium 1300mg	54%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 26g	
CARBOHYDRATE FACTS	
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugar Alcohols 0g	
*Net Effective Carbs 5g *includes only those carbs that show a noted effect on blood sugar	
Vitamin A 10% • Vitamin C 10% • Calcium 4% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Fresh green lettuce with 4 ounces of tangy buffalo chicken, topped with rich bleu cheese dressing. **DIG IN!**

NET EFFECTIVE CARBS
5 grams



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.

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

DOW JONES REPRINTS



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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.

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Low Carb Pecan Delights



Low Carb Toffee Squares



Low Carb Mint Patties



Low Carb Truffle Cups



Low Carb Peanut Butter Cups



Low Carb Pecan Delights



Low Carb Milk Chocolate Miniatures



Low Carb Milk Chocolate and Almond Miniatures

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 Energy Bar.

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 than 20% of the calories as fat. They make a tasty, yet healthier alternative to chocolate bars and other high fat snacks.

■ Suitable for vegetarians.