



Pleasoning® Gourmet Seasonings

Frank J. Italiano, Inc. • 2109 Ward Ave., PO Box 2701
La Crosse, WI 54602-2701
800-279-1614 or 608-787-1030
customerservice@pleasoning.com • www.pleasoning.com

PLEASONING Seasonings has been a family owned and operated business since 1952. We have 40 different seasoning blends, ALL of which have much less sodium than table salt and some are even sodium-free! Four of our blends are listed below, **call 1-800-279-1614 for a free catalog** of our complete line.

We have three convenient ways to place an order

Call 1-800-279-1614 to place a credit card order

Our office hours are Monday - Friday, 8:30 AM to 5:00 PM (Central Time)

Order over the Internet

We have a secured site at www.pleasoning.com

Mail us your order with payment to:

PLEASONING, PO Box 2701, 2109 Ward Avenue, La Crosse, WI 54602

(Order form on back of this sheet, with shipping and handling)

The ingredients on all Pleasoning labels are listed by weight, not by volume. Salt is usually listed first because it is heavier.

001 - All-Purpose PLEASONING - Our most popular seasoning! On many restaurant tables throughout the Midwest. Use in place of salt and pepper. Great on hamburgers, all meats, fish, vegetables, eggs and more.

110 mg sodium per ¼ tsp. (table salt has 590 mg sodium per ¼ tsp.)

Ingredients: SALT, SPICES, GROUND GRAINS (wheat, corn, rice or barley), ONION, MSG, GARLIC, NATURAL FLAVOR, RICE CONCENTRATE (for free flow).

2.2 oz. Small Size Shaker - \$5.50 9.5 oz. Medium Size Shaker - \$15.00

027 - Mini-Mini Salt PLEASONING - An Amazing Salty Taste! Replace your salt shaker with Mini-Mini Salt. Contains a special blend of finely ground grains and fine natural salt. No bitter aftertaste. No Potassium!

100 mg sodium per ¼ tsp. (table salt has 590 mg sodium per ¼ tsp.)

Ingredients: GROUND GRAINS (corn or rice), SALT, NATURAL FLAVOR, RICE CONCENTRATE (free flow).

2.3 oz. Small Size Shaker - \$5.50 11.1 oz. Medium Size Shaker - \$15.00

024 - Tasty 2 PLEASONING - Our answer to Mrs. Dash. A delicious and easy to use seasoning blend that has a VERY LOW Sodium content and no MSG. Use as an all-purpose seasoning.

45 mg sodium per ¼ tsp. (table salt has 590 mg sodium per ¼ tsp.)

Ingredients: SALT, GROUND GRAINS (wheat, corn, rice or barley), ONION, GARLIC, SPICES, NATURAL FLAVOR, LEMON OIL, RICE CONCENTRATE (for free flow).

1.9 oz. Small Size Shaker - \$6.00 8.3 oz. Medium Size Shaker - \$15.50

010 - Salt Free Herbal PLEASONING - No salt, sugar, pepper or MSG! Use in place of salt and pepper. A balanced blend of herbs and spices that compliments and brings out the rich flavors of food. No single ingredient overpowers the natural flavors of good food.

Sodium - Free!

Ingredients: GROUND GRAINS (corn or rice), GARLIC, SPICES, NATURAL FLAVOR.

1.5 oz. Small Size Shaker - \$6.00 6.2 oz Medium Size Shaker - \$15.50

039 - Dietitians Choice Quartet - Combination Pack with table size shakers of all of the above seasonings:

All-Purpose, Mini-Mini Salt, Tasty 2 and Salt Free Herbal PLEASONINGS

ONLY \$20.70 (plus shipping)

Price subject to change at any time. Call for updated prices.

Updated March 1, 2025

Providing Quality Blends Since 1952!

Order Form and Shipping and Handling on back of this sheet!