

Smoke n Sanity FAQ's

Are your products Low FODMAP?

Yes, all our products are certified Low FODMAP by Monash University.

How are your essence products Low FODMAP?

We have found a way to take natural garlic and onion and strip the FODMAPS from them leaving just the natural flavors.

What are the Natural Flavors?

These are the natural garlic and onion flavors left after the FODMAPS have been removed.

Which of your seasonings are Kosher Certified?

All our seasonings are Kosher Certified except Garlic Parmesan and Chicken Base

Do any of your seasoning blends contain dairy?

The only seasoning blends that contain dairy are Garlic Parmesan and Lemon Pepper.

Which Seasonings are allium free (no garlic or onion)?

SNS Triple S and Sweet Maple Dust contain no alliums (garlic or onion).

Which of your products are gluten free?

All our products are certified gluten free. Each batch of seasoning is lab tested for Gluten content and we have COA's for every batch produced.

Do your products contain sulfites?

No, they do not.

I tried your essence products and had a reaction, why?

You may be allergic to alliums instead of intolerant to FODMAPs. If you can tolerate garlic or onion infused olive oils you should be able to tolerate our products.

Are your products produced on machines that process other products containing gluten?

Yes, but we test every single batch and have the COA.

Are your products produced on machines that process nuts?

Yes, they are produced on machines that process nuts.

Which of your products contain nightshades?

SNS Triple S, Sweet Maple Dust, and Cajun Creole.

Which of your products contain corn products?

Any of our seasonings that list natural flavors contain our essence products that contains corn starch.

How do you use the essence products?

Replace the salt in any recipe with these products. If a recipe calls for butter use unsalted butter.

How can SNS Triple S be used as a rub for smoking meat?

To be an all-purpose seasoning we reduced the amount of sodium in our SNS Triple S. For best results when used for smoking mix SNS Triple S and kosher salt 3-4 to 1 for best results when smoking meat.

Do your products need to be refrigerated?

No, they do not need to be refrigerated, however, if you live in a hot and or humid climate keeping the spices in the refrigerator will help prevent clumping.

Do any of your products contain animal products?

Garlic Parmesan, Lemon Pepper, and Chicken Base

Do any of your products contain soy?

Teriyaki Seasoning is the only season we have that contains soy.

How much sodium do your essence products contain?

Our essence products contain one quarter the sodium normally found in table salt.