

DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

GREAT
SOURCE of
FIBER



Dried, Ground Beets

- Good Source of Vitamin C
- 0g Saturated Fat & Trans Fat per serving
- Rich Source of Folate

Dried Fruits & Veggies from swiig are raw, living foods that are nutrient-dense and packed with great taste! We only took out the water, keeping everything super healthy.

Beets are great sources of nutrients that prevent heart disease and fight fat. They've been linked better overall cardiovascular health by helping strengthen the heart and improving circulation. Beets are also chock-full of fiber (great for digestion and regularity), folate (great for pregnant women and growing kids), and manganese (good for helping strengthen bones).



MIXED INTO
SOUPS



BLENDED IN A
SHAKE



MIXED INTO DIPS
& SPREADS

NO GMO INGREDIENTS • NO ADDED SUGAR • NO ARTIFICIAL FLAVORS, COLORS OR SWEETENERS • NO GLUTEN • NO PRESERVATIVES

swiig®