

DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

GREAT
SOURCE of
ANTIOXIDANTS



Freeze-Dried, Whole Blueberries

- ▀ **Good Source of Vitamin C & Manganese**
- ▀ **2g Dietary Fiber per serving**
- ▀ **0g Saturated Fat & Trans Fat per serving**

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.

Blueberries are packed with antioxidants (more than most berries), which means they can help boost your immune system and fight cellular damage from free radicals. The fiber present in these little berries also aids digestion. Eating blueberries has been linked to better brain function, lowered cholesterol, help with weight management and healthier skin.



BY THE
HANDFUL



BLENDED IN A
SHAKE



SPRINKLED ON
YOGURT

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

swiig®