

DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

GREAT
SOURCE of
ANTIOXIDANTS



Freeze-Dried
Lemon

▀ **Good Source of Vitamin C**

0g Saturated Fat &

▀ **Trans Fat per serving**

0mg Cholesterol

▀ **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.

Lemons are chock-full of vitamin C, an important antioxidant for boosting the immune system and helping your body fight off illness. Including lemons in your diet can help lower your blood pressure and improve your overall cardiovascular health. Tart and sweet, lemons are also great for weight management, aiding in digestion, and even calming your nerves.



MIXED INTO
BAKED GOODS



BLENDED IN A
SHAKE



SPRINKLED ON
YOGURT

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

swiig®