

DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

PROMOTES
STRONG
BONES



Freeze-Dried, Chopped Spinach

- ▣ Excellent Source of Vitamins A & C
- ▣ Good Source of Calcium & Iron
- ▣ Good Source of Fiber to Promote Regularity

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.

Spinach has more than double the fiber of almost all other greens, making it a great choice for digestive health and weight management. This leafy green is also rich in vitamins and minerals like calcium, vitamin K, magnesium and manganese that help strengthen bones. Spinach can also help maintain eye health and contains cancer-fighting properties.



BY THE
HANDFUL



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®