

# DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

GREAT  
SOURCE of  
ANTIOXIDANTS



## Freeze-Dried Strawberries

- ▀ **Excellent Source of Vitamin C**
- ▀ **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.

Strawberries are packed with antioxidants, specifically vitamin C – in fact, strawberries have more vitamin C than an orange! These luscious berries are low in calories but high in fiber, making them great for weight management and digestive health. Eating more strawberries can also help improve your eye health, strengthen your bones and ease inflammation.



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<sup>®</sup>