

# DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

GREAT  
SOURCE of  
VITAMIN D



USDA  
ORGANIC

## Freeze-Dried Sweet Potato

- ▣ Excellent Source of Vitamin A
- ▣ 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.

Sweet Potatoes are loaded with Vitamin D, which can positively affect our energy levels and our moods. Their orange color tells us they are rich in beta-carotene, which helps promote healthy eyes and fights high cholesterol. Sweet Potatoes have also been shown to have anti-inflammatory properties, as well as promote overall cardiovascular health.

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®