

# DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

GREAT  
SOURCE of  
ANTIOXIDANTS



## Freeze-Dried Raspberries

- ▶ **Excellent Source of Vitamin C**
- ▶ **0g Saturated Fat & Trans Fat per serving**
- ▶ **Great Source of Fiber**

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.

Aside from being delicious, raspberries are chock full of fiber, making them great for digestive health. These tart and sweet berries are also packed with antioxidants, which help keep your immune system in tip top shape. Eating more raspberries can also help ease inflammation, protect your eyes from sun damage and help with weight management.



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®