

DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

**GREAT
SOURCE of
HEALTHY
FATS**



Dried, Ground Avocado

- **Excellent 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.

Avocados are chock-full of nutrients, including healthy fats (monounsaturated fatty acids), fiber, protein, and a variety of vitamins and minerals. Introducing more avocado into your diet could help you lower your cholesterol and improve your overall cardiovascular health, help with weight management and aid in digestive 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