

# DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

**GREAT  
SOURCE of  
POTASSIUM**



## Freeze-Dried, Sliced Bananas

- **Good Source of Vitamins C & B6**
- **2g Dietary Fiber per serving**
- **Tastes Great!**

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.

Bananas are packed with potassium, an important mineral for helping your body maintain fluid and electrolyte balance. Bananas are also rich in fiber, which aids in digestive health. They are naturally fat and cholesterol free, making them great snacking options for weight management. Try some Freeze-Dried Bananas after your workout to fuel your body!



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**