

DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

**GREAT
SOURCE of
BETA-
CAROTENE**



Freeze-Dried Pumpkin

- **Great Source of Vitamin C**
- **0g Saturated Fat & Trans Fat per serving**
- **Good Source of Fiber to Promote Regularity**

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.

Pumpkin is high in beta-carotene, which helps promote healthy eyes and fights high cholesterol. Not just for jack-o-lanterns, pumpkin are chock-full of nutrients, like potassium, fiber, manganese, vitamin C and copper. These nutrients are good for healthy bones, weight management, boosting immunity and aiding 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[®]