

DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

GREAT
SOURCE of
HEALTHY
FATS



Dried, Shredded Coconut

- Aids in the Prevention & Treatment of Viral Infections*
- Promotes Healthy Skin*
- Helps You Feel Fuller*

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.

Coconut has been revered for thousands of years in the western Pacific for its many health benefits. This tropical staple is known for being high in healthy fats and a great source of fiber, a winning combo for weight management goals. Coconut is also a good source of manganese and copper, which help the body form strong bones and support the immune system.



BY THE
HANDFUL



BLENDED IN A
SHAKE



MIXED INTO
BAKED GOODS

NO GMO INGREDIENTS • NO ADDED SUGAR • NO ARTIFICIAL FLAVORS, COLORS OR SWEETENERS • NO GLUTEN • NO PRESERVATIVES

swiig®