

DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS



Freeze-Dried Mango

- **Excellent Source of Vitamin C**
- **0g Saturated Fat & Trans Fat per serving**
- **Good Source of Vitamin A**

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.

Mangoes are a great source of fiber, which has a variety of benefits such as aiding in digestive health, lowering cholesterol and improving cardiovascular health. These tropical treats are also rich in Vitamin A, which helps support healthy eyes and strong bones. Mangoes are also a great snack for those looking to manage their weight.



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®