

# DRIED FRUITS & VEGGIES

SNACKS WITH INFINITE GOODNESS

GREAT  
SOURCE of  
VITAMINS



## Freeze-Dried Pineapple

- ▶ **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.

Pineapple packs a punch of antioxidants with its high levels of Vitamin C that help boost your immune system. This tropical delight is also naturally cholesterol and fat-free, making it great for weight management and improving cardiovascular health. Incorporating more pineapple into your diet can also help ease inflammation and promote healthy skin.



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®