

PRODUCT CATALOG



We Only Sell The Healthy Stuff

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About 100% Crushed – Fruit Purées

We're crushing it. Our 100% Crushed® smoothies are made with real, ripe fruits and vegetables to deliver creative flavor combinations inspired by nature.

1 Acai Berry Blend – Brazilian acai boosted with banana, berries and pomegranate juice. *Formerly Acai Plus*

2 Banana – Perfectly rich, creamy and sweet banana. *Formerly Banana Smoothie*

3 Blueberry Banana – Rich, ripe blueberries with a creamy finish.

4 Boysenberry & Blackberry – Bright boysenberries and blackberries combine for a wholesome treat. *Formerly Northwest Berry*

5 Cherry Cranberry – Tart, dark and sweet cherries plus vivid cranberries. *Formerly Wild Cherry Cranberry*

6 Four Berry Blend – A bramble of berries mingle in this antioxidant powerhouse.

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About 100% Crushed – Fruit Purées (cont'd)

We're crushing it. Our 100% Crushed® smoothies are made with real, ripe fruits and vegetables to deliver creative flavor combinations inspired by nature.

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1 Guava & Passion Fruit – White guava and other tropical essences finish with a citrus appeal. *Formerly Forbidden Fruit*

2 Lemonade – Pure refreshment-A sweetened blend boasting sun-kissed lemons. *Formerly Lemon-Ade*

3 Limeade – Bright and zesty lime sweetened for a citrus treat. *Formerly Smooth Lime*

4 Mango – Rich, sweet mango brightened with pineapple and banana. *Formerly Mango Tropics*

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5 Orange Tangerine – Sunny oranges and succulent tangerines bright with flavor.

6 Peach Pear Apricot – Sweet peaches and tart apricots, plus pear too.

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About 100% Crushed – Fruit Purées (cont'd)

We're crushing it. Our 100% Crushed® smoothies are made with real, ripe fruits and vegetables to deliver creative flavor combinations inspired by nature.

1 Pineapple Blend – Tropical breezes are on tap with pineapple, banana and a hint of coconut flavor. *Formerly Pineapple Paradise*

2 Red Apple – Apple takes center stage in this wholesome classic. *Formerly Northwest Red Apple Orchard*

3 Strawberry – Juicy strawberries, just perfect all on their own.

4 Strawberry Banana – A classic pairing: juicy strawberries with creamy banana.

5 Tropical Sunshine – Colorful guava and passion fruit finish with pineapple and a hint coconut flavor.



About 100% Crushed – Veggie Purées

We're crushing it. Our 100% Crushed® smoothies are made with real, ripe fruits and vegetables to deliver creative flavor combinations inspired by nature.

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1 Beetroot & Berries – Earthy beets mingle with sweet berries.

2 Butternut Squash & Mango – The perfect blend of squash and mango. *Formerly Butternut Squash Mango & Veggies*

3 Carrot Ginger – Crisp carrots and a snap of ginger boosted with nutritious, delicious veggies. *Formerly Carrot-Ginger with Orange*

4 Carrot-Orange – A sweet combination of carrots and orange, plus a bounty of garden vegetables. *Formerly Carrot Orange Vegetable Medley*



Shakes & Smoothies Fruit & Veggie Purées Dr. Smoothie® Organic Smoothie Blends

About Organic Smoothie Blends

Each carefully crafted Organic smoothie formula features organic ingredients and is produced in our USDA organic certified facility.

1 Organic Carrot Apple – A classic pairing of crisp carrots and sweet apples.

2 Organic Mango – A tropical getaway of rich, sweet, vibrant mango.

3 Organic Peach – Juicy, ripe peaches blended with a splash of tart apricot.

4 Organic Pineapple – A lively fusion of tangy pineapple, tree-ripened banana and a hint of coconut flavor.

5 Organic Raz-Berry Blend – An antioxidant dream: raspberries and strawberries blended perfectly together. *Formerly Organic Razz-berry Blend*

6 Organic Strawberry – A fresh blend packed with sun-ripened strawberries.

7 Organic Strawberry Banana – Red, ripe strawberries coupled with creamy banana.

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About swiig Flavor Fusions

Healthy, historic, harmonious ingredients blended together to fuel your smoothies with essences, extracts and energy.

Use Flavor Fusions in your shakes & smoothies to stimulate strength & stamina before you exercise or tantalize your taste buds as you revive & recover after exercise.



1 Organic Chocolate Truffle – Rich, full-bodied cocoa, sweetened with organic cane sugar & organic molasses.

2 Organic Mocha Latte – We've combined the tastes of fresh-roasted organic coffee with the finest chocolate to create our lightly-sweetened, ever-indulgent Organic Mocha Latte.

3 Organic Sea Salted Caramel – Sweet meets salty in this blend of organic cane sugar & molasses, brightened with a pinch of sea salt.

4 Organic Spiced Chai – Our stimulating blend of traditional organic black tea & organic spices, lightly sweetened with organic cane sugar.



Cocoa

Gourmet beverage blends that are easy to serve hot, iced or blended, but hard to resist.

The hallmark of our Cocoa offerings is the prodigious amount of real cocoa included in each carefully crafted formulation. A delightful and delicious beverage is just a scoop a way.



1 Belgian Cocoa – Deep, dark, semi-sweet cocoa that delights at first sip. *Formerly Belgian Style Dark Cocoa*

2 Chocoholic's Choice – A fan-favorite: chocolate, chocolate and more chocolate.

3 Chocolate Truffle – A rich Swiss style cocoa with a chocolate truffle finish. *Formerly Chocolate Truffle Cocoa*

4 Mexican Spiced Cocoa – A lively blend of cocoa, cinnamon and spice.



Chai & Tea

Gourmet beverage blends that are easy to serve hot, iced or blended, but hard to resist.

Just add water or milk. That's all it takes to enjoy a rich, creamy cup of goodness thanks to our handcrafted Chai & Tea beverage powders. Made with real tea leaves and ground spices, each blend offers an exotic flavor experience.



1 Classic Chai – An exotic blend of black tea, spices and honey.
Formerly Original Chai

2 Ginger Spiced Chai – A vibrant and delicious chai coupled with real ginger.

3 Matcha Green Tea Latte – Real Japanese matcha blended with creamy vanilla.

4 Matcha Mint Chip – Cool mint meets milk chocolate chips, with a touch of Japanese matcha.

5 Vanilla Chai – A mellow chai blend with notes of creamy vanilla and honey.



Mocha

Gourmet beverage blends that are easy to serve hot, iced or blended, but hard to resist.

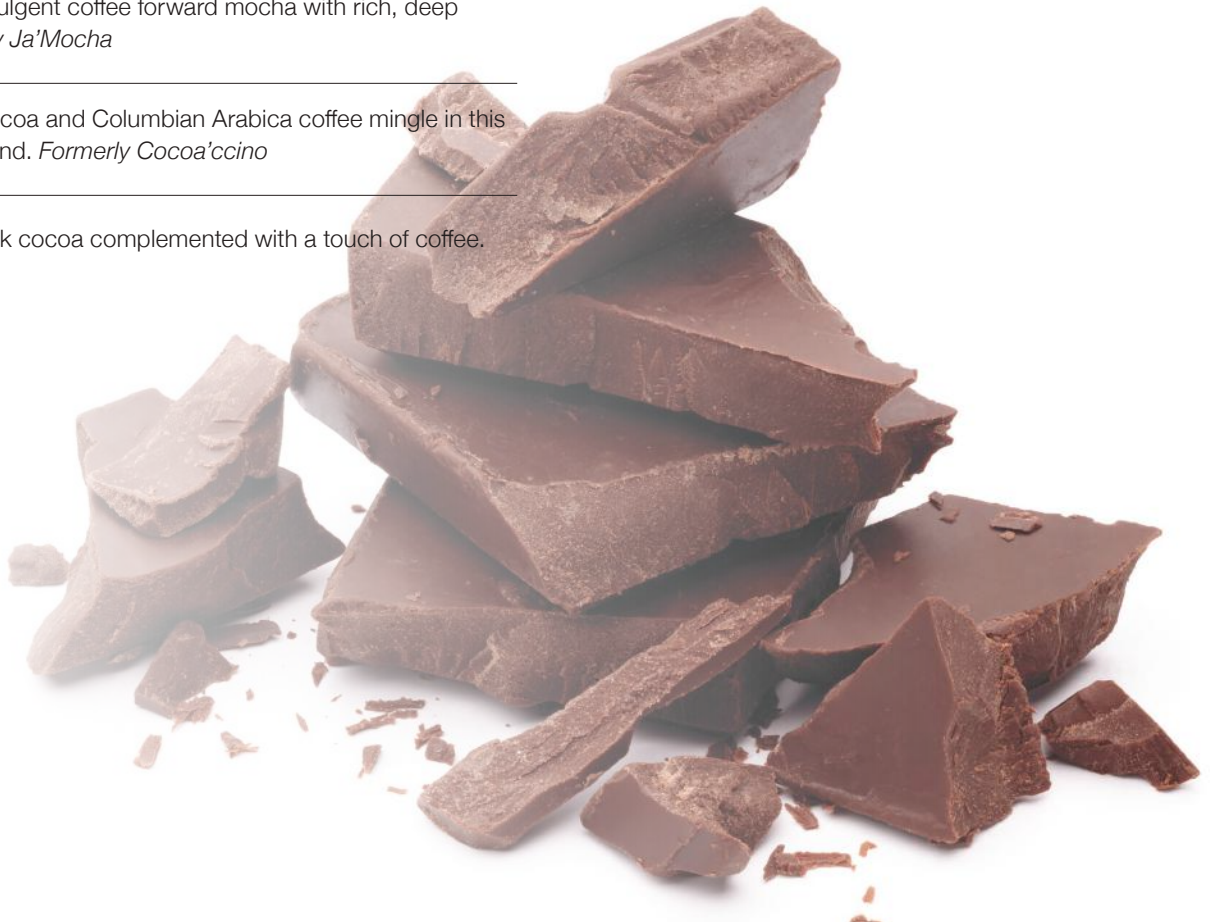
Our most robust flavor profiles enriched with real coffee. Cafe Essentials' Mochas satisfy a range of preferences with perfectly pleasing blends.



2 Jamocha – An indulgent coffee forward mocha with rich, deep chocolate. *Formerly Ja'Mocha*

1 Mocha Latte – Cocoa and Columbian Arabica coffee mingle in this light yet creamy blend. *Formerly Cocoa'ccino*

3 Mocha Java – Dark cocoa complemented with a touch of coffee.



Specialty Coffee

Gourmet beverage blends that are easy to serve hot, iced or blended, but hard to resist.

Complex flavors for the coffee lover. Cafe Essentials' Specialty Coffee blends boast real coffee and can be further enhanced with a fresh shot of espresso or brewed java.



2 Classic Latte – Bold Colombian Arabica coffee with a hint of vanilla.
Formerly Truly Coffee

1 Salted Caramel Latte – A rich caramel with subtle hints of salt for a perfect pairing. *Formerly Salted Caramel*

3 Toffee Latte – A creamy blend chock-full of toffee bits for an indulgent treat.
Formerly Whole Lotta Toffee

4 Vanilla Latte – A decadent blend of coffee and creamy vanilla.



Crème

Gourmet beverage blends that are easy to serve hot, iced or blended, but hard to resist.

Rich, milky and decadent. Cafe Essentials' Crèmes are better basics meant to impress. Blend and serve as a standalone drink or use as a base to showcase the flavor of your choice.



- 1 **Cookies & Cream** – A classic pairing: chocolate cookies and sweet cream.
- 2 **Cream Base** – A creamy and versatile neutral base for beverage crafting. *Formerly Neutral Base*
- 3 **Vanilla Bean** – Velvety vanilla and sweet cream with flecks of Madagascar bourbon vanilla beans.
- 4 **Vanilla Cream** – Distinct vanilla notes in a rich, creamy base.
- 5 **Yogurt Cream** – A refreshingly creamy yogurt base boasting pre and probiotics. *Formerly Yogurt Lover's Choice*



Organic

Gourmet beverage blends that are easy to serve hot, iced or blended, but hard to resist.

Cafe Essentials has gone through the arduous process to be USDA Organic Certified, thereby adhering to the strict standards required to receive the USDA seal of approval.



1 Organic Chocolate – A rich and indulgent frappe for the chocolate lover.

2 Organic Mocha – Organically sourced cocoas and coffee blend to create this enticing classic. *Formerly Organic Café Moka*

3 Organic Vanilla Cream – An indulgent flavor experience made with organic Madagascar bourbon vanilla. *Formerly Organic Madagascar Bourbon Vanilla Crème*



About swiig Dried Fruits & Veggies

Dried Fruits & Veggies by swiig are raw, living foods that are nutrient-dense and packed with great taste! We only took out the water, keeping everything super healthy. If you mix them with a Great Granola, throw them into a smoothie or eat them right out of the bag, you'll know that they are chock-full of Infinite Goodness!

An additional bonus is that there is no refrigeration required!



- 1 **Dried, Ground Avocado** – Get some of our 100% Natural, Dried, Ground Avocado made from the best avocados in the world. We've preserves all of the avocado's nutritional value with all the same great taste, smell, color, texture, vitamins, minerals (and oils) of the original fruit.
- 2 **Freeze-Dried, Sliced Bananas** – Our Freeze-Dried Banana Slices add delicious flavor and texture to healthy snacks, breakfast, dessert or shakes. An excellent source of potassium, they preserve all the natural flavors and nutrients of fresh, tropical bananas.
- 3 **Dried, Ground Beets** – Everyone knows beets are good to eat because they are actually the sweetest of all vegetables (betcha didn't know that one). Our Beet Powder has a touch of sweetness and is rich in antioxidants, too. Add Dried, Ground Beets to your veggie shakes to boost nutrient content (and to add some color)!
- 4 **Freeze-Dried, Whole Blueberries** – Our Freeze-Dried, Whole Blueberries are a delicious and nutritious snack, whether you drop 'em in your breakfast cereal, blend 'em in your favorite smoothie or eat 'em right out of the bag. They've got a boatload of Good Stuff in 'em, so keep some around (you know...for an emergency).



About swiig Dried Fruits & Veggies (cont'd)

Dried Fruits & Veggies by swiig are raw, living foods that are nutrient-dense and packed with great taste! We only took out the water, keeping everything super healthy. If you mix them with a Great Granola, throw them into a smoothie or eat them right out of the bag, you'll know that they are chock-full of Infinite Goodness!

An additional bonus is that there is no refrigeration required!



1 Freeze-Dried, Chopped Kale – Kale is the “darling” of the health food set these days. What better way to make sure that you’re taking advantage of the fiber, iron, calcium and slew of vitamins in this nutrient-dense leafy green than to keep an Organic, Freeze-Dried version in your kitchen? We can’t think of any.

2 Freeze-Dried Lemon – Our Freeze-Dried Lemon makes it easy and efficient to add lemony flavor to any shake or smoothie. We add no fillers or chemicals and doesn’t require the addition of sugar to improve its taste. Clean lemon taste from clean lemons...pucker up!

3 Freeze-Dried Mango – Our Freeze-Dried Mango adds sweet and tangy flavor to smoothies, yogurt, oatmeal and more. The Vitamin A in mangoes plays a key role in cell growth, healthy vision and a strong immune system.

4 Freeze-Dried Pineapple – A tropical delight you can enjoy anytime, anywhere. Pineapple’s high levels of Vitamin C pack an antioxidant punch that will help boost your immune system.

5 Dried Pumpkin – Trick or Treat? Honestly, our Dried Pumpkin is a total treat. We blend it up with some vanilla and spices for a hauntingly delicious shake, but you can bake with it or just sprinkle some over yogurt with cinnamon and have a great snack filled with Fiber, Potassium and Vitamins A & C.



About swiig Dried Fruits & Veggies (cont'd)

Dried Fruits & Veggies by swiig are raw, living foods that are nutrient-dense and packed with great taste! We only took out the water, keeping everything super healthy. If you mix them with a Great Granola, throw them into a smoothie or eat them right out of the bag, you'll know that they are chock-full of Infinite Goodness!

An additional bonus is that there is no refrigeration required!



5 Freeze-Dried Raspberries – Our Freeze-Dried Raspberries make a great tart and sweet treat. Grab a handful and eat them whole, or toss them into a shake, yogurt or oatmeal for a boost of Vitamin C and delicious raspberry flavor!

1 Dried, Chopped Spinach – Is that Dried, Chopped Spinach in your backpack or are you just happy to see us? If it's swiig Dried Spinach, then we are sure that you're happy. Add color, flavor and a ton of vitamins to almost any smoothie with this fresh, mature (super-convenient) Dried Spinach.

2 Freeze-Dried Strawberries – Freeze-Dried Strawberries loaded with Infinite Goodness, just like the fresh kind. We only took out the water, keeping our Strawberries super healthy. We blend these beauties up in our smoothies, but they pack a wallop right out of the bag! Try one and see.

3 Dried Sweet Potato – It's like somebody dried a slice of Thanksgiving. Our Organic Dried, Ground Sweet Potato tastes AMAZING in a smoothie and provides not only yumminess, but substantial sustained energy.



About Great Granolas & Oats

Rolled oats roasted to perfection and blended with organic ingredients and fun flavors...now that makes for a Great Granola. You might want to sit down to breakfast with a bowl of the Cranberry Almond. You might want to blend up the Apple Cinnamon with your favorite shake. We like to throw any flavor in a little snack bag with some Dried Fruits, a sprinkle of some extra seeds or nuts and we're ready to go...all day long! Healthy energy...now that's a smart choice.

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1 Apple Cinnamon Granola – Delicious apples and organic ground cinnamon add extra texture and yummy classic flavors to our whole grain oats granola. Perfectly (and lightly) sweetened with natural ingredients.

2 Berry Coconut Granola – Our whole grain oats granola with blueberries, raspberries & coconut – including vanilla, flax seeds, raisins and a dash of salt. Lightly sweetened, delicious and organic!

3 Rolled Oats – You can use swiig old fashioned Rolled Oats to make a deliciously wholesome, chewy, hot breakfast cereal that provides lasting energy throughout your day. It is also a great way to add fiber to your diet and turn any blended shake into a low-Glycemic meal.



About swiig Nut Butters

For our Spreads (read: Nut Butters), we start with the finest nuts that we roast and grind to perfection in small batches. And then we add...NOTHING! Our unique flavors are simply from the roasting. Just delicious, natural nuts bursting with Infinite Nutty Goodness! Spread on toast, blended in a shake or straight from the jar, we guarantee that you'll love 'em!

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1 **Natural Almond Butter** – Ground, Dry Roasted Almonds

2 **Natural Peanut Butter** – Ground, Dry Roasted Peanuts



About swiig Peanut Powders

PB Lite is the guiltless option for Peanut Butter lovers everywhere. At swiig, we know that some people are very calorie-conscious and we understand. That's why we created a 100% Organic product with over 85% less fat calories. We have no added sugars, no added flavors, no added anything!



1 **PB Lite** – Nothing but ground, roasted peanuts.

2 **PB Lite Retail Size** – The same guilt-free, Powdered PB Lite you love, only smaller!

2 **Chocolate PB Lite Retail Size** – The same guiltless Powdered PB Lite you know and love, now with decadent dark chocolate, in a smaller take-home size.



About our Milk & Milk Alternatives

Blue Diamond® Almond Breeze® Almond Milk – Almond Breeze is a non-dairy beverage made from real almonds, all natural, smooth and creamy with a hint of almonds. Almond Breeze is a great tasting non-dairy beverage without the thin, chalky after taste of rice and soy beverages.

Hershey's® Skim Milk – Hershey's Shelf Stable Milk is a Grade A milk sourced from local family-owned dairies. Hershey's Milk is processed under Ultra High Temperatures (UHT). The UHT process enables our milk to remain fresh with or without refrigeration for 13 months from production date. Hershey Products are certified 'rbST Free' (no artificial growth hormones are used).



1 swiig® Organic Nonfat Dry Milk – So, you may be asking why “Dry” milk. It has to do with our sense of humor (just kidding)! It is the easiest, most cost-effective way for us to get ORGANIC Milk to you and it has a fantastic shelf-life. ORGANIC Nonfat Dry Milk is Infinitely Good for baking, camping, traveling or emergencies. It's also a great way to get the perfect base for all of your favorite ORGANIC shakes and smoothies.

2 Almond Breeze Chocolate Unsweetened – Next time you have a craving for something sweet and chocolate, pour yourself a cup of Almond Breeze Chocolate. Even with a dash of chocolate decadence, it still has fewer calories than a glass of 2 percent milk and no saturated fat.

3 Almond Breeze Original Unsweetened – Almond Breeze Original nondairy beverage is Almondiciously Good.

4 Almond Breeze Vanilla Unsweetened – If you enjoy the flavors of vanilla and almonds, you'll love Almond Breeze Vanilla nondairy beverage. Made with real almonds and natural vanilla flavor, it's a chilled glass of heaven.

5 Almond Breeze Vanilla Almond Coconut Unsweetened – Our almonds have been carefully blended with real coconut to produce a rich, creamy non-dairy beverage that we are sure you will enjoy. Our Almondmilk Coconutmilk Blend is all natural, dairy, soy, lactose, cholesterol and gluten free, contains medium chain fatty acids (MCFA's) and is available in four great tasting flavors.

6 Hershey's Fat Free Skim Milk – The name says it all.

About swiig Organic Seeds

A seed is basically a baby plant and the origin of nutrition. Seeds are filled with high concentrations of vitamins, minerals, proteins, essential oils and dormant enzymes. If you're looking for high-quality nutrition, seeds are tough to beat.

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1 Chia Seeds – Chia Seeds were first cultivated by the Aztecs and have been a significant source of nutrition in the Americas for almost 6,000 years. Studies show that eating Chia Seeds slows down how fast our bodies convert carbohydrate calories into simple sugars, helping maintain consistent energy levels. Add swiig Chia Seeds to Drinks, Smoothies & Baked Goods for a mega-dose of Infinite Goodness.

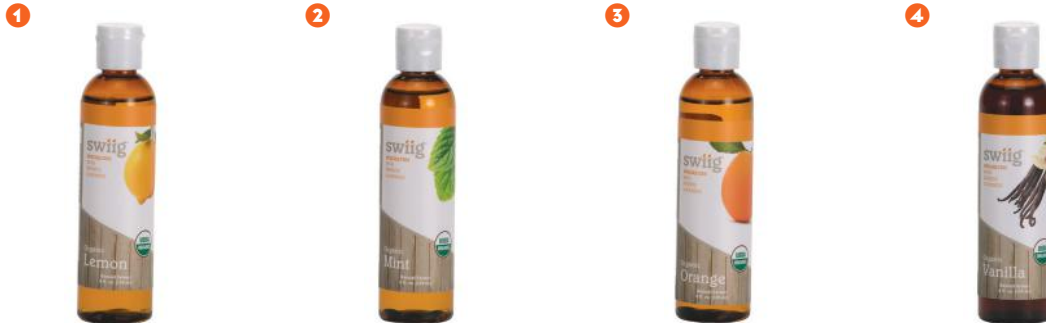
2 Flax Seeds – It's no surprise, with the fiber-rich digestive benefits of Flax Seed, Hippocrates (of Hippocratic Oath fame) wrote about using it for abdominal relief. Researchers report that flax fiber suppresses appetite and helps support weight loss and we know that it helps us feel full. Add swiig Flax Seeds to Smoothies, Salads, Yogurt or Cereal for a mega-dose of Infinite Goodness.

3 Hemp Seeds – Hemp's history dates back over 10,000 years. Even Christopher Columbus carried Hemp Seeds on his ship in case of a wreck. Despite its dietary use throughout history, there is surprisingly little research published on its effect on our bodies. But one thing that is certain is that Hemp Seeds possess excellent nutritional value. Add swiig Hemp Seeds to Salads, Smoothies & Baked Goods for a mega-dose of Infinite Goodness.



About swiig Flavors & Extracts

Pop! Give your shakes, smoothies and all kinds of other stuff a little Pop! with flavor extracts from swiig. They are all natural and the perfect addition to just about anything that needs some extra Pop!

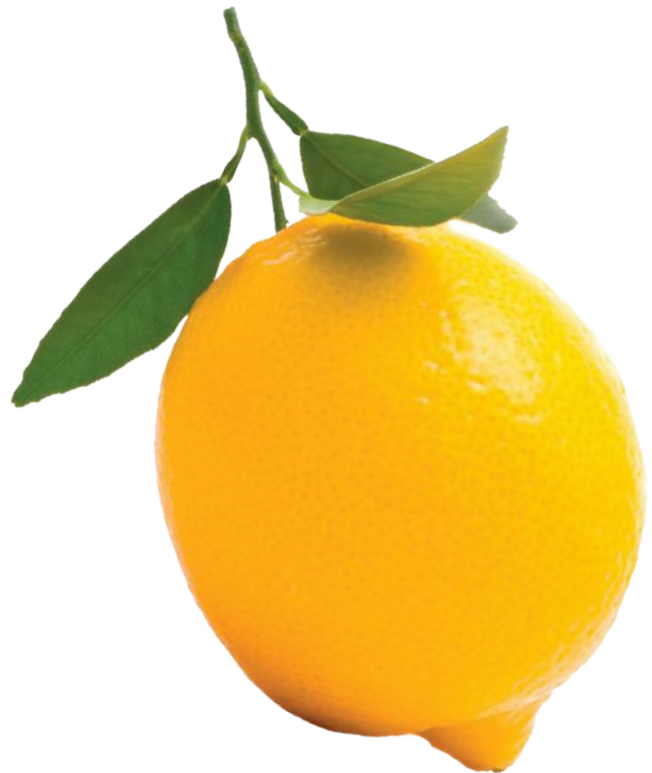


① **Lemon** – It's like zest in a bottle.

② **Mint** – A cool & refreshing taste experience!

③ **Orange** – Fresh Florida citrus & sunshine...naturally.

④ **Vanilla** – Who said vanilla means bland? Not this stuff!



**Almond Extract also available – see page 22*

About Other Healthy Stuff

OK, so it would have been weird to have each of these things fall into their own category, so we lumped them all together into “Other Healthy Stuff.” The bottom line is that they can all go into your shakes and make them yummiier, healthier and just plain better.

1 Arabica Espresso Beans – 100% Arabica. They add taste and a lively jolt of caffeine.

2 swiig Cacao Nibs – Though they’re actually seeds, the cacao bean’s original name translates to “food of the gods.” Native to Mesoamerica, it has a long, notable history as a superfood. Cacao nibs, which are simply crushed cacao beans, are crunchy, full of rich chocolate flavor, and packed with nutrients and flavonoids (powerful antioxidants). They’re great for indulging those inevitable cravings without getting yourself off-track.

3 Omega Nutrition Flaxseed Oil – Omega Nutrition’s Flax Seed Oil is nature’s finest quality. It is the best and freshest unrefined, certified-organic flax seed oil available. Grown without pesticides or artificial fertilizers, we cold-press and process at low temperatures to preserve all nutritional value!

4 Organic Wildflower Honey – Our USDA certified Organic Honey is produced by organic certified beehives. These special beehives are located in remote regions of Brazil where the honey bees can forage for nectar from various wildflowers, that are free from herbicide or pesticide applications. Enjoy this unique gift from nature!

5 swiig Organic Seedless Raisins – They’re from Thompson grapes. We’re not exactly sure what that means, but they’re delicious!

6 swiig Dried, Shredded Coconut – Unsweetened, unsulphured and shredded to the perfect size for blending. Add some healthy fats to any shake or mix it with some Great Granola for a tasty tropical treat.

7 Matcha GT Premium Green Tea – Used for centuries in Japanese tea ceremonies, Matcha provides a powerful pick-me-up plus antioxidants and other health benefits to keep the body, mind and spirit in perfect balance. While many forms of green tea are strained or brewed, Matcha GT uses the whole tea leaf providing the full benefits and bold taste of whole green tea powder.

8 Simply Organic Almond Extract – Perfectly pure organic extract for deliciously clean, delectable taste and heavenly aroma.

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About Other Healthy Stuff

OK, so it would have been weird to have each of these things fall into their own category, so we lumped them all together into “Other Healthy Stuff.” The bottom line is that they can all go into your shakes and make them yummiier, healthier and just plain better.

1 swiig Organic Ground Cinnamon – Cinnamon is one of the most beneficial spices on earth – chockfull of antioxidants, and anti-inflammatory and immunity-boosting properties. Aromatic, good for you, and delicious!

2 Organic Agave Nectar – Agave Nectar is a sweetener that flourishes in the volcanic rich soil of Mexico. This exotic plant offers a healthy, sweet alternative to sugar. Less calories...less guilt!

3 swiig Ground Cacao – Before it becomes the creamy chocolate we know and love, raw cacao beans are ground down into a fine powder containing protein, fat, carbohydrates, fiber, iron, zinc, copper, calcium, magnesium and more. Our raw, minimally processed cacao is filled with antioxidants to help you get a mega-dose of Infinite Goodness.

4 swiig Powdered Yogurt – A good source of calcium and protein, our super-convenient Powdered Yogurt boasts over 2 million CFUs (colony-forming-units) of beneficial probiotics, promoting digestive health. This Infinite Goodness is Gluten Free and rBGH & rBST free, and delicious,too. Enjoy!

5 swiig Sliced Almonds – Natural Sliced Almonds from swiig are your cure for the common snack. You can use them to bolster your baked goods, glorify your granola, boost your berries and (obviously) charge your chocolate! We like to put them in all kinds of stuff, just to make our stuff infinitely good! They're packed with healthy fats, protein, natural fiber, vitamins and minerals, and few foods on the planet will leave you feeling as satisfied.

6 swiig Chopped Walnuts – After years of research, it turns out that Walnuts may just be the healthiest nut around. Like other nuts, Walnuts have a bunch of protein, fiber and healthy fats, but the antioxidants in Walnuts seem to be of a higher quality and greater potency than those in other nuts. And...they're delicious! Include Raw Chopped Walnuts from swiig with all the stuff that you may want to add a bit of crunchy and a lot of healthy too.

7 Organic Chocolate Cookies – These rich cream cookies are made with just the good stuff like organic cocoa powder – a sweet snack you can feel good about for you and your family.

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About Protein Supplements

Protein Supplementation is necessary to achieve your health and wellness goals. Using **swiig Protein Supplements** will help build lean muscle which charges your metabolism and helps keep your body slimmer. No matter which one you choose, using **swiig Protein Supplements** will help build lean muscle and repair damaged tissue, taking your “game” to the next level.

Daily Whey Protein Matrix is a unique blend of clean protein from the best Raw Whey Isolates and Concentrates packed with active ingredients from natural, whole-foods. You get maximum absorption that your body (especially your taste buds) will love. Perfect for the whole family...daily.



1 Banana – Natural banana flavor with just a hint of sweetness.

2 Chocolate – Pure, natural Cacao sourced from around the world.

3 Madagascar Vanilla – Made from the most complex and delicious vanilla in the world.

4 Strawberry – Clean, light, refreshing, natural strawberry flavors.



About Protein Supplements

Simple Whey Protein Blend is a super-clean blend from the best Raw Whey Concentrates and Whey Isolates with active ingredients from natural, wholefoods. You get maximum absorption that your body (especially your taste buds) will love. It is simply perfect for the whole family.

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1 **Madagascar Vanilla** – Made from the most complex and delicious vanilla in the world.

2 **Chocolate** – Pure, natural Cacao sourced from around the world.

swiig®
SUPPLEMENTS
WITH
INFINITE
GOODNESS



About Protein Supplements

Lo-Carb Whey Protein Isolate starts with the highest quality Raw Whey and filters out the fat and lactose, providing the purest protein and making it the fastest and easiest digesting Protein Supplement that we offer. Perfect for athletes looking to achieve their performance goals.

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1 **Chocolate** – Pure, natural Cacao sourced from around the world.

2 **Madagascar Vanilla** – Made from the most complex and delicious vanilla in the world.



About Protein Supplements

Organic Whey Protein Concentrate is a minimally-processed Protein Supplement that we offer with the cleanest pedigree available. Organic means that this protein is the perfect choice for people who've chosen to be mindful of everything they put into their bodies or the environment. Perfect for the whole family... every day.

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1 **Chocolate** – Pure, natural Cacao sourced from around the world.

2 **Madagascar Vanilla** – Made from the most complex and delicious vanilla in the world.



About Protein Supplements

Ancient Grains Plant Protein delivers ALL the essential amino acids that your body needs in a plant-based, lactose-free, vegan-friendly, lean-muscle building package. Our improved blend utilizes a broader range of clean protein sources, including Ancient Grains which contain all of the essential parts of a whole grain and have that “little bit extra.” Perfect for anyone favoring a plant-based diet.

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1 Chocolate – Pure, natural Cacao sourced from around the world.

2 Madagascars Vanilla – Made from the most complex and delicious vanilla in the world.



About Protein Supplements

Daily Soy Protein delivers ALL the essential amino acids that your body needs in one lactose-free, Vegan-friendly, cholesterol-reducing, lean-muscle building package. Studies show that Soy Protein can be as effective as Whey Protein in supplementation, so if Soy is your thing, this stuff's the best!

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1 Chocolate – Pure, natural Cacao sourced from around the world.

2 Madagascar Vanilla – Made from the most complex and delicious vanilla in the world.

About Protein Supplements

Daily Mass Builder Protein is a unique blend of clean Whey protein combined with carbohydrates from natural, whole-foods to provide you with easy, responsible weight gain. You get maximum muscle development to help you build a bigger, better body. Perfect for anyone looking for MASS.

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1 **Chocolate** – Pure, natural Cacao sourced from around the world.

2 **Madagascar Vanilla** – Made from the most complex and delicious vanilla in the world.



About Protein Supplements

Bone Broth Protein from swiig offers you a delicious way to get the health benefits of bone broth & protein, all in a convenient powder form. Our Bone Broth Protein is made by slow-cooking chicken bones, ligaments, tendons, and water under high pressure at just the right temperature to retain key nutrients like amino acids & Type II collagen.

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1 Garlic, Onion & Parsley – With flavors of...you guessed it, garlic, onion & parsley, this savory blend is great as a light lunch or snack and can serve for post-workout recovery.



About Core Supplements

Core Supplements are made in the Earth, not in the lab. Our whole-food based supplements capture the synergies in nature that your body needs. These nutrients are the building blocks of life and are essential in building a new and more vital you.

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Perform

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Live

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Get Energized – A Blend of Glucuronolactone, Taurine, Eleutherococcus Senticossus Herb powder, Green tea Leaf Extract, Guarana Seed Extract, Non-GMO Maltodextrin and Soluble Corn Fiber.

2

Get Essentials – Vitamins A, D, B1, B2, B3, B6, B12, K, C, E, Biotin, Calcium, Iodine, Magnesium, Pantothenic Acid and Non-GMO Maltodextrin.

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Get Flexible – A Blend of Hyaluronic Acid, Methyl Sulfonyl Methane, Glucosamine, Chondroitin Sulfate, our Organic Joint Blend** and Non-GMO Maltodextrin.

** Organic Joint Blend: King Trumpet, Cordyceps militaris, Reishi, and Antrodia camphorata.

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Perform

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Protect

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Get Greens – A Blend of Certified 100% Organic Ingredients containing: Wheat Grass (Leaves), Oat Grass, Barley Grass (Leaves), Spirulina (Herb), Alfalfa (Leaves), Parsley (Leaves), Broccoli (Flowering Heads), Kale (Leaves), Kelp (Leaves), Chlorella (Whole), and Cabbage (Leaves).

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Perform

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Perform

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Get Lean – A Blend of Inulin, L-Carnitine, L-Tartrate, Garcinia Cambogia 50% Extract (fruit), Chromium Picolinate, Non-GMO Maltodextrin, and Soluble Corn Fiber.

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Get Recovered – A Blend of Milk Thistle, Green Tea Leaf Powder, Carrot Powder, Tomato Powder, Celery Powder, Spinach Powder, Vitamins A, C, E, and Non-GMO Maltodextrin.

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Get Regular – A Blend of Soluble Corn Fiber, Oat Fiber, Wheat Fiber, Psyllium Husk, Rice Fiber, Flaxseed Meal, Borage Oil Powder, Chia Seed Powder, Uva Ursi Leaf, Fit Matrix**, Probiotics, Inulin.

** Fit Matrix: A Proprietary Blend of Cordyceps militaris, Ganoderma lucidum, Agaricus blazei, Grifola frondosa, Hericium erinaceus and Antrodia camphorata.

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Live

About Trainers Only Supplements

Trainers Only Supplements go beyond the needs of everyday people into the realm of Trainers, Body-Builders & High-Performance Athletes. Formulated from natural, whole-foods, these supplements are highly-functional and further capture the synergies found in nature. They will help you up your game and become a better, faster, stronger you – naturally!



1 Creatine – Creatine, a naturally occurring compound found in meat and fish, helps the body convert ADP (adenosine diphosphate) back into ATP (adenosine triphosphate), increasing short-term strength and endurance. Trainers Only Creatine helps you reach your highest energy level when you train or compete...every time.

2 Glutamine – L-Glutamine, the most bountiful amino acid in the body, promotes protein synthesis in muscles as well as muscle recovery. Glutamine levels can become depleted during intense training or competition, limiting your body's abilities. Trainers Only Glutamine helps your muscles stay healthy, energized and volumized...every time.

3 PREcovery – This highly functional synergistic blend of whole food and isolated nutrients contains a compilation of today's most cutting edge research and clinical findings of the level of nutrients needed to make to maximize your workout impacting endurance, performance and recovery in a number of ways that will help you feeling energized longer. PREcovery is truly a safe and effective functional formula to help you achieve levels never before realized. There is no window dressing in this bottle. All nutrients are at levels necessary for optimum workouts and recovery.

4 THE Turmeric Effect – THE Turmeric Force utilizes the healing properties of ancient nutrients and herbs like Devil's Claw, Turmeric, Ginger & White Willow Bark. Reduce the pain, swelling, redness and heat associated with inflammatory response and help naturally combat symptoms of acute inflammation.

About Trainers Only Supplements (cont'd)

Trainers Only Supplements go beyond the needs of everyday people into the realm of Trainers, Body-Builders & High-Performance Athletes. Formulated from natural, whole-foods, these supplements are highly-functional and further capture the synergies found in nature. They will help you up your game and become a better, faster, stronger you – naturally!

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5 THE Energy Source – Our highly functional blend of whole-foods and isolated nutrients combines compounds found in nature that positively affect energy at a cellular level. These active ingredients impact endurance, performance and recovery in a number of ways that help you feel energized longer and without the crash. THE Energy Source utilizes vitamins, antioxidants and herbs to improve food conversion (energy production,) jumpstart carbohydrate metabolism and nerve cell function, increase aerobic capacity, fight fatigue, support the immune system, restore energy reserves, and increase endurance and stamina.

6 THE Fat Burner – Our unique supplement combines the whole-food traditions of ancient eastern cultures with clinically tested nutrients that are known to be key contributors in fat-burning & weight loss. This synergy hits all of the points that matter when you're looking to get lean. Increased thermogenic effect heightens your metabolic rate. Glucose regulation helps your body feel "full". Releasing stored fatty acids allows transport to the mitochondria which increases energy production and improves immune function. This is THE Fat Burner.

7 THE Joint Mender – Our most refined and functional blend of whole foods and isolated nutrients combined to create a "fountain of youth" for your joints. Designed to reduce joint pain, increase lubrication and mobility, and assist in rebuilding soft tissue, this supplement will keep you moving and speed post-athletic recovery. Antioxidants increase energy, reduce fatigue levels, improve muscle function, reduce muscle soreness and lubricate joints providing a multi-faceted approach to total joint health. This supplement is a must for anyone whose joints need mending.

8 THE Omega Support – Long-chain Omega-3 polyunsaturated fatty acids, like those found in THE Omega Support, help to lower triglycerides in the body, which can affect heart health, brain health and even your hair! CLinical evidence suggests that EPA & DHA – Omega-3s found in fish oil – help reduce risk factors for heart disease, including high cholesterol and high blood pressure.

About SWARE MEALS – Complete Meal System

SWARE MEALS – Complete Meal System is your smart choice for a nutrient-dense Daily Nutritional Shake. Drinking a delicious SWARE MEALS Shake fuels you with the right blend of 100% Organic proteins, carbs, fiber, healthy fats, vitamins & minerals from over 40 superfoods. Remake your body as you:

- 1 MANAGE WEIGHT
- 2 INCREASE ENERGY
- 3 REDUCE HUNGER
- 4 IMPROVE NUTRIENT ABSORPTION



1 Chocolate Whey Protein Based Nutrition – Pure, natural Cacao sourced from around the world.

2 Vanilla Whey Protein Based Nutrition – Smooth, creamy, and anything but plain.

1 Chocolate Plant Protein Based Nutrition – Pure, natural Cacao sourced from around the world.

2 Vanilla Plant Protein Based Nutrition – Smooth, creamy, and anything but plain.



About SWARE MEALS 30-Day Program Kits

The Essential Kit – If you want to take 30 days to help yourself look and feel better, the SWARE MEALS 30-Day Detox, Reboot & Transformation Program is a smart choice. The ESSENTIAL KIT is a great way to ensure that you're set up for success. All the shakes you'll need, a month's worth of snacks, swiig support supplements and a complete program guide to help you rediscover healthy – one delicious shake at a time.

The Add-On Option – Get a 2-pack of Vanilla or Chocolate, Whey-Based or Plant-Based SWARE MEALS at a discount when you purchase The Essential Kit.

1 The Essential Kit

Follow the 1600 calorie-a-day plan with:

- 32 SWARE MEALS Shakes with over 40 Superfoods, including Super-Proteins, Super-Fruits, Super-Greens, Super-Adaptogens & Super-Probiotics
- 30 Servings of Natural Snacks
- 30-Day Online Program Guide
 - Meal Plans
 - Recipes
 - Shopping Lists
 - Daily Nutrition Logs
- Private Free Facebook Support Group Admission
- Get Regular (*Natural Fiber/Probiotic Supplement*)
- Bone Broth Protein

2 The Add-On Option

Follow the 1800 calorie-a-day plan by adding an additional shake per day!

- 2-Pack of SWARE MEALS (your choice of flavor & formula)



About swiig 6-Grain Hot Cereal

If you're looking for a great way to find a good source of dietary fiber, amino acids and proteins from stuff like Quinoa, Amaranth and Flax, well...you've found it. Our super-healthy and easy-to-prepare 6-Grain Hot Cereal is a great way to get a warm bellyful of Infinite Goodness!



- ① **6-Grain Hot Cereal** – Made from a blend of whole, ancient grains (and seeds). Make our goodness your own by adding fresh or dried fruit, a handful of nuts or even a drizzle of maple syrup.



About Modern Oats

Our highly selected, Certified Gluten-Free, whole grain rolled oats are grown and harvested in the fertile lands of Aspen parkland biome, between prairie and the boreal forest that covers the foothills of the Canadian Rocky Mountains. The oat seedlings are identity preserved Non GMO and planted by small, carefully chosen family farmers in fields where no wheat is subject to cross contamination.

All of our oats are made from superior high quality, color sorted kilned, whole groats which are minimally processed by steaming and flaking. These oat flakes provide a textural differences that give our oats a more solid bite which makes it ideal for optimal absorption of nutrients.

1 5 Berry – Antioxidant rich oatmeal loaded with blueberries, strawberries, cranberries, blackberries, raspberries, and accented with California almonds and pecans.

2 Apple Walnut – Apple Walnut Oatmeal blended with whole rolled oats, apples, and walnuts.

3 Coconut Almond – Slip out of slushy Sundays and into an island state of mind with this new modern oatmeal blend of authentic whole shredded Filipino coconut and California almond slivers.

4 Goji Blueberry – Whole rolled oats blended with Goji berries, Wild Blueberries, Saskatoon Berries, and seeds.

5 Nuts & Seeds – Nut & seed blend of whole grain oats, Oregon hazelnuts, flax seeds, almonds, and hemp seeds.

6 Vermont Maple – Direct from the sugar shacks of a Vermont farm comes this blend of real Vermont maple sugar and oats using no added flavors to achieve an authentic and genuine maple flavor.

7 6-Flavor Variety Pack – Try six of our most popular Modern Oats Gluten-Free Certified, All Natural oatmeal flavors: Goji Blueberry, Apple Walnut, Vermont Maple, Coconut Almond, Nuts & Seeds, and 5 Berry. The 6 pack comes with one of each flavor.



About Dirty Chips

Cholesterol-free. NO MSG. NO preservatives. NO hydrogenated oil. No, we're not talking about the latest health food craze...We're talking about "Dirty" Potato Chips! Our potato chips are delicious but without all the "usual" ingredients that make most chips a favorite – but not-so-healthy snack. Plus our chips are Kosher certified, contain no wheat gluten, and are kettle cooked in a peanut oil blend for that deep, delicious potato chip taste.

"Dirty" Potato Chips was founded in Memphis, Tennessee in 1987, supplying potato chips to the tri-state area of Tennessee, Mississippi, and Arkansas. Today, our delicious potato chips are sold in the lower 48 states, Hawaii, Canada and the Caribbean, and can be found at the finest delis, grocers and restaurants for customers who demand nothing less than a great-tasting, high-quality kettle-cooked potato chip. We're also seen at major colleges and universities, the top 100 major US airports, and

have been a top rated potato chip in major food magazines. Customers everywhere have discovered that "Dirty" is simply better.

"Dirty" Potato Chips' original flavors were Sea Salted, Mesquite Barbecue, Sour Cream & Onion, Salt & Vinegar, Jalapeño Heat, and Unsalted. Our originals are still in big demand, but to further please the palates of our customers, we have expanded our offerings to include Cracked Pepper & Sea Salt, Smokey Chipotle, Funky Fusion, and Pesto & Parmesan. And yes...great tasting, delivering that delicate taste and crispy crunch in every bag.

We've been asked why are they called "Dirty". The name "Dirty" comes from the process we used to prepare our chips. The potato slices are not washed, leaving more of the potato flavor...and they are crafted one batch at a time – it's a difference our customers say they can taste in every bite. When it has to be the best, it has to be "Dirty" Potato Chips.

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1 Mesquite BBQ – Everyone knows that mesquite wood makes the best bar-b-que and ours captures the true favor of the old southwest.

2 Sea Salt & Vinegar – A lot of folks like to pucker up and vinegar will certainly make you do it.

3 Sea Salted – For the purist who likes the great natural potato flavor with a touch of salt.

4 Sour Cream & Onion – A creamy smooooth taste with a hint of onion.



About popchips

Just what IS a popchip anyway? This existential question has baffled snackers for eons. And by eons we mean like 2 or 3 years. After all, when is the last time YOU popped a potato? Lucky for us it's simple really. It all starts with our hero...the potato.

Greatness or greasiness? Every potato travels toward its destiny. But life as a spud can be unpredictable. Most get fried (tortured). Too many potatoes are forced into the fryer – the most barbaric of endings – only to become a greasy chip. But there's a better way.

We keep our potatoes out of the deep fryer. Instead, we heat them in a pressurized chamber and then quickly release them. Their first breath of fresh air is a...POP.

Healthier, lighter, & more potato-y. We give our un-fried chips a dash of the good high oleic oils. Then we massage them with our favorite spices and seasonings – voila! A chip that has all the flavor, and half the fat.

We're popping up everywhere. In fact, popchips are taking over your neighborhood.



1 Barbeque Potato – Take a break from the backyard smoke and sizzle to enjoy a handful of our rich barbeque popchips. At first crunch, you'll taste our special combination of real tomato, onion, garlic and salty potato. And of course, it wouldn't be a barbeque without a wisp of smoke. Go ahead, grill master, savor the flavor, not the grease.

2 Cheddar & Sour Cream Potato – This is a marriage of heavy weight flavors: sharp cheddar and velvety sour cream. But who's gonna wear the pants? It's flava v. flava, people, and you are the referee. Crunch a bagful and let your tastebuds wrestle with the bold cheese blast and the sour cream smooth-a-liciousness. Face it, in this face-off everyone's a winner.

3 Sea Salt Potato – Simple ingredients bring out the best in each other. Sourced directly from French-speaking mermaids who mine the salt deep in Mediterranean underworlds, our sea salt popchips go best when ripped open during hungry drives home from the grocery store. They also go awesome with water.

4 Sea Salt & Vinegar Potato – ready for a punch to the kisser? just pop one of our sea salt and vinegar popchips in your mouth—and pucker up! it's sour power time. ours have just the right balance of crunch, salt, and potato—along with that satisfying vinegary snap you can't get enough of. so go ahead, champ, and give your tongue a spanking!

5 Sour Cream & Onion Potato – Mother-in-law coming for dinner? Didn't win the lottery? Organic chemistry test in the morning? Grab a bag of our sour cream and onion flavor—it's pure comfort food. Pop one in your mouth and taste the salty, onion flavors with the distinct tang that only sour cream can deliver. Good luck eating just three!



About Pirate Brands

Ahoy there! You've discovered The Pirate Brands, a collection of deliciously baked treasures, including Pirate's Booty, and Smart Puffs. Perfect for yarr whole crew!



1 Pirate's Booty Aged White Cheddar – Pirates like their cheddar like they do their rum, aged to perfection. Aged White Cheddar is made from puffed rice and corn, blended with real aged white cheddar cheese and baked perfectly to pirate standards.

2 Smart Puffs Real Wisconsin Cheddar – No need for a cheat sheet, the formula is simple. Smart Puffs is made from the finest milled American corn and tastiest Wisconsin Cheddar.



About Stacy's Pita Chips

Stacy's Pita Chips are made from Pita. But that's just the beginning. They're twice baked, for the perfect crunch, with delicious seasoning baked right in.



- ① **Simply Naked** – Dressed in nothing but sea salt, these delicious baked chips made from real pita bread are artfully simple with an incredible crunch.



About Garden Veggie Straws

Crunchy, light and crispy. Snacking should be fun. This fun straw-shaped version of our famous Veggie Chips is a light and airy treat built for the seasoned snacker. Each “straw” is a masterful blend of garden veggies, with 30% less fat than the leading potato chip. Grab a handful and enjoy!



1 Sea Salt – Each Sensible Portions Garden Veggie Straw is made from real potato, tomato and spinach, so you can taste and enjoy the all-natural flavor. In addition, they are non-GMO, contain 0 grams of trans fat, are cholesterol free and contain no preservatives. These Sensible Portions Veggie Straws, are lightly salted and are suitable as part of a kosher diet.

2 Zesty Ranch – What makes Sensible Portions Zesty Ranch Garden Veggie Straws so irresistible? The combination of garden grown potatoes, ripe vegetables, and 30% less fat than the leading potato chip provides a better-for-you snack. Next, Sensible Portions delicately seasons them with sea salt.



About Super Snacks

Super Snacks from swiig are full of the energy you need to make it through your busy day. Whether you're behind a desk or hiking your favorite trail, our lineup of nuts, seeds & dried fruits are the perfect little pick-me-up. We could talk about how these snacks are packed with nutrients, but we know what you're really after – stuff that tastes (infinitely) good! Super Snacks have the best of both worlds, making them...super!

1 Banana Chips – Sweet, crunchy and kind of addictive, our Banana Chips are the perfect snack for a little extra energy, whether you're powering through a bike ride or powering through a long work day.

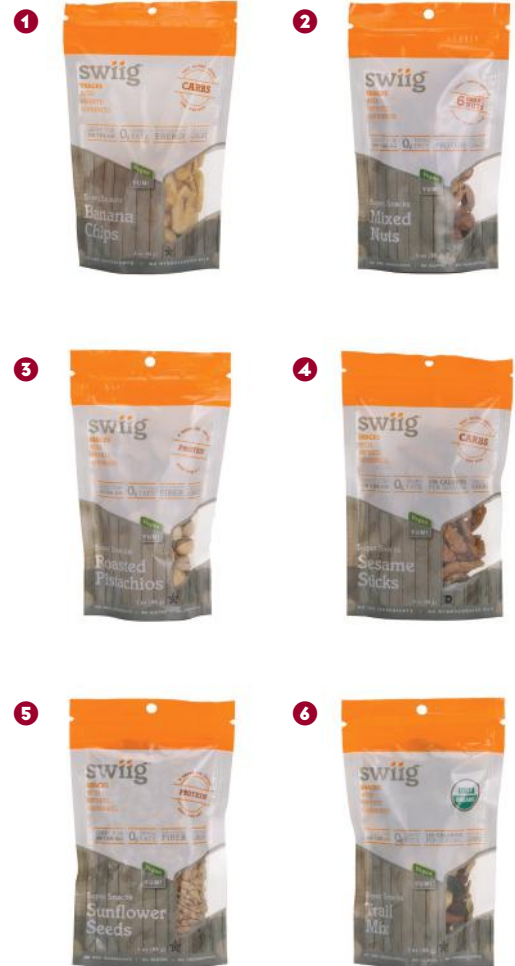
2 Mixed Nuts – You'll find a great combination of Almonds, Peanuts, Brazil Nuts, Cashews, Filberts and Pecans in our Mixed Nuts. Great for your heart – a Low Glycemic Snack!

3 Pistachios – Simply dry roasted pistachios with a pinch of Salt!

4 Sesame Sticks – These crunchy little bites provide great sesame flavor and fast acting energy to fuel your body during a hike or

5 Sunflower Seeds – Our Sunflower Seeds are packed with vitamins and minerals, great taste and 6g of Protein per serving!

6 Trail Mix – Our Trail Mix is an Organic blend of raisins, sunflower seeds, banana chips, cranberries, pepitas, almonds, organic walnuts, brazil nuts, and cashews. Perfect for on the trail!



About swiig Energy Bites

If only there was a snack that came in small portions that let you dole out exactly how much energy you need when you need it. But there is...Energy Bites from swiig! They're raw, vegan, gluten-free, Paleo-friendly (if you're into that kinda thing) and super yummy.

- Organic
- Gluten-Free
- Sweetened with Dates
- Salt-Free
- 100% Raw and Vegan



1 Chocolate Chip & Peanut – For the chocolate lovers! This rich flavor will satisfy your sweet tooth and provide long-lasting energy.

2 Goji & Cacao – A blend of powerful seeds and fruit, with a mild and pleasant cacao flavor.

3 Pomegranate & Lemon – When life hands you lemons...add pomegranate and you've got a perfect afternoon snack.



About swiig Go 'Rounds

We put the Go in swiig Go 'Rounds with our favorite blend of dates, berries & nuts for fast and senergy. There's a bunch of other delicious, healthy stuff in there to, beacause, well...you deserve it.

- Gluten-Free
- No Trans Fat
- GMO-Free
- No Artificial Colors or Ingredients
- No Preservatives

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1 Berry with Coconut & Cashews – A Delicious Blend with Goji Berries, Raspberries & Blueberries



About swiig Beef Jerky

Hand-crafted in small batches, Homestyle Beef Jerky from swiig is a great way to treat yourself to a delicious high-protein snack. We slice perfectly marbled beef top round into tender strips, marinate and spice it up, making sure that we add nothing icky or artificial before we dry it. Our Homestyle Beef Jerky is lower in sugar and carbohydrates, and higher in protein than most other brands – making it a smart (and yummy) choice.



1 Homestyle BBQ – If you’re searching for a classic BBQ taste in a tender Beef Jerky, we think you’ll love Homestyle BBQ from swiig. Sweet and smoky, with tastes of molasses, tart cherry, and black pepper, we’ve captured the taste of Texas and infused it with Infinite Goodness.

2 Homestyle Original – There’s a lot to be said about being an original. Homestyle Original Beef Jerky from swiig combines savory tastes like garlic, onion and cumin with salty and sweet flavors for a delightfully classic taste blend. We’ve made high-protein nutrition delicious.



About Clif Bars

It's the first bar we made, and it's still everything we're about. Wholesome, organic ingredients. Performance nutrition. And great taste. Whether you're on a 150-mile bike ride or exploring a new trail, this energy bar is built to sustain your adventure.

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1 Blueberry Crisp – Inspired by the home-baked flavor of blueberry crisp fresh from the oven. 10g Protein and 5g Fiber.

2 Carrot Cake – Warm, sweet spices paired with the fresh taste of carrots, raisins & apples. 9g Protein and 5g Fiber.

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3 Chocolate Brownie – The rich, indulgent flavor of a fresh-baked brownie. 9g Protein and 5g Fiber.

4 Chocolate Chip – The classic, cravable taste of a fresh chocolate chip cookie. 10g Protein and 4g Fiber.

5 Chocolate Chip Peanut Crunch – Chocolate chips and crunchy peanuts for serious satisfaction. 10g Protein and 4g Fiber.

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6 Coconut Chocolate Chip – Sweet organic coconut paired with chocolate chips and a creamy chocolate drizzle.

7 Cool Mint Chocolate (with caffeine) – The fresh flavor of cool mint and rich chocolate topped with a creamy drizzle. 9g Protein and 5g Fiber.

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8 Crunchy Peanut Butter – Smooth, organic peanut butter mixed with crunchy peanut pieces. 11g Protein and 4g Fiber.

About CLIF Bars (cont'd)

It's the first bar we made, and it's still everything we're about. Wholesome, organic ingredients. Performance nutrition. And great taste. Whether you're on a 150-mile bike ride or exploring a new trail, this energy bar is built to sustain your adventure.

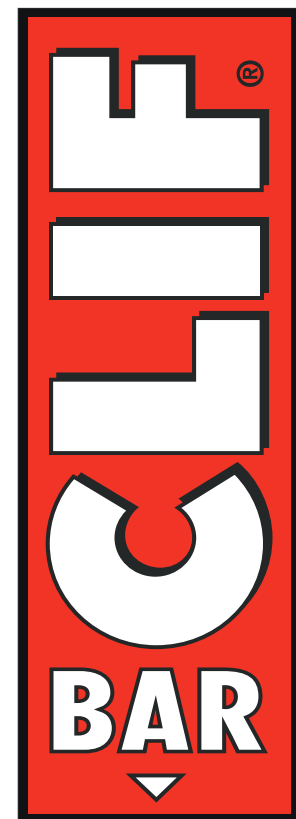


1 Oatmeal Raisin Walnut – Plump raisins, sweet cinnamon and organic rolled oats combine for ol' fashioned, home-baked goodness. 10g Protein and 5g Fiber.

2 Peanut Butter Banana with Dark Chocolate – Bananas and creamy organic peanut butter blended with rich dark chocolate and crunchy peanut pieces. 10g Protein and 4g Fiber.

3 Peanut Toffee Buzz (with caffeine) – Crunchy peanut toffee meets roasted peanuts and organic peanut butter. 10g of Protein and 5g Fiber.

4 White Chocolate Macadamia Nut – Roasted macadamia nuts meet creamy, scrumptious white chocolate flavor. 9g Protein and 4g Fiber.



**other flavors offered seasonally*

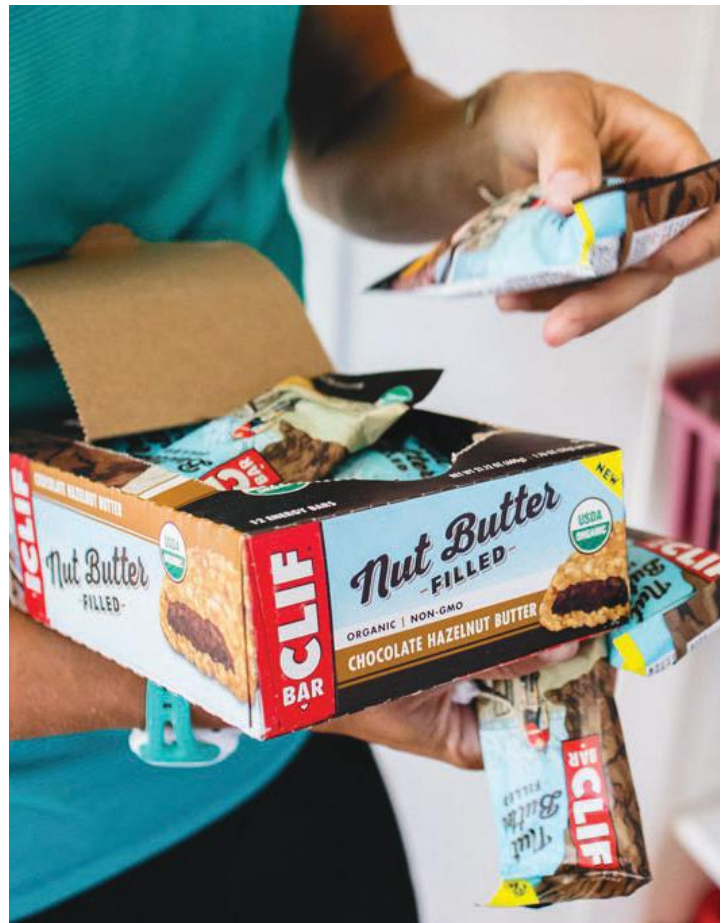
About Nut Butter Filled Bars

The athletes and foodies in the Clif kitchen have crafted a different kind of energy bar. CLIF® Nut Butter Filled Energy Bar brings together two great energy foods – a delicious, creamy nut butter inside an organic energy bar – to deliver sustained energy.



1 Peanut Butter – An organic energy bar filled with delicious, creamy peanut butter.

2 Chocolate Hazelnut Butter – An organic energy bar filled with delicious, creamy hazelnut butter.



About Builder's

You're not done. You're a work in progress, building toward something great. That's why we made CLIF Builder's – the great-tasting protein bar that makes every ingredient count – so you can get the most out of your workout.

- 20g of high-quality protein to help build and repair muscle
- Carbohydrates to help you sustain your workout
- Zero grams trans fat and does not contain partially-hydrogenated oils or high fructose corn syrup
- Low glycemic



- 1 Chocolate** – Chocolate-packed protein so good, you'll reach for one of these even on days you don't work out.
- 2 Chocolate Mint** – Chocolate and protein don't get cooler than in this tasty, well-earned reward for a workout.
- 3 Chocolate Peanut Butter** – A protein-powerful way to work chocolate and peanut butter into your recovery regimen.
- 4 Cookies 'N Cream** – Muscles totally creamed? Build 'em back up with this protein-rich, cookie-meets-creamy classic.
- 5 Crunchy Peanut Butter** – No chocolate here, just a heap of crunchy, peanut-buttery, protein-packed goodness.
- 5 Vanilla Almond** – If vanilla's more your speed, go for this almond and protein-packed treat.



About CLIF KID ZBAR

CLIF Kid® ZBAR® is an organic, baked whole grain energy snack, made with a blend of carbohydrates, fiber, protein, and fat to give kids energy so they can keep zipping and zooming along. Our products never include high fructose corn syrup or artificial flavors.



1 Chocolate Brownie – This brownie treat is proof that kids can have a nutritious dessert and eat it, too.

2 Chocolate Chip – All the thick, chewy, goodness of a chocolate chip cookie – gone nutritious!

3 Iced Oatmeal Cookie – A delicious and nutritious blend of organic whole grain oats with a touch of cinnamon and vanilla.



About CLIF Kid ZFRUIT

CLIF Kid® ZFRUIT® is a tangy twisted fruit snack that fits perfectly in a lunchbox or pocket, and helps give kids energy so they can keep zipping and zooming along. Made with fruit puree concentrate, our products never include high fructose corn syrup or artificial flavors

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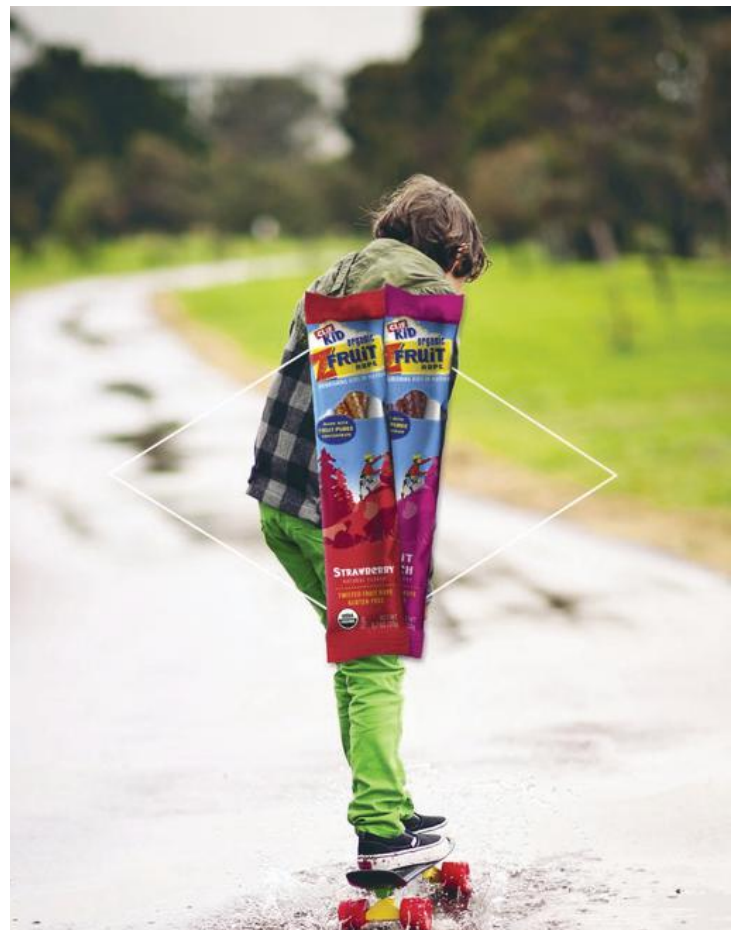


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1 Mixed Berry – Mix it up a little—or a lot—with this tangy, berry delicious twist of fruit!

2 Strawberry – Satisfy your sweet-tooth with this succulent strawberry treat.



About LUNA Bar

Created by and for women, LUNA bars were the first bars just for us, with the vitamins and minerals our bodies need to stay healthy. Wholesome nourishment and delicious indulgence, they are 70% organic and now...GLUTEN FREE! Learn more at lunabar.com.

- 24 Vitamins & Minerals
- 70% Organic
- 8g – 10g Protein
- 3g Fiber
- Gluten Free

1 Blueberry Bliss – Blueberries and more blueberries topped with toasted oats and a creamy drizzle.

2 Caramel Walnut Brownie – A home-baked chocolate treat loaded with nuts and drizzled with organic caramel.

3 Chocolate Cupcake – Rich indulgence with dark chocolate pieces and a silky frosting.

4 Chocolate Dipped Coconut – A deliciously decadent combination of toasted coconut and chocolate.

5 Chocolate Peppermint Stick – Rich chocolate covered in a cool coating that's chock-full of real peppermint candy.

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About LUNA Bar (cont'd)

Created by and for women, LUNA bars were the first bars just for us, with the vitamins and minerals our bodies need to stay healthy. Wholesome nourishment and delicious indulgence, they are 70% organic and now...GLUTEN FREE! Learn more at lunabar.com.

- 24 Vitamins & Minerals
- 70% Organic
- 8g – 10g Protein
- 3g Fiber
- Gluten Free



1 Lemon Zest – A zestfully cool and refreshingly creamy lemon treat.

2 Nutz Over Chocolate – Rich cocoa and organic peanuts are just meant to be together.

3 White Chocolate Macadamia – Naturally sweet macadamias meet the flavors of white chocolaty creaminess.



About LUNA Protein

The power of protein keeps you full and feeling good about it, so go ahead—indulge in the decadent, nougaty goodness of LUNA Protein. Delicious, satisfying and sustaining for under 200 gluten-free calories. Learn more at lunabar.com.

- 12g – 13g Protein
- Gluten Free
- Calcium + Folic Acid
- Iron + Vitamin D

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1 Chocolate Peanut Butter – Peanut butter meets soft nougat and adds a delicate crunch.

2 Chocolate Salted Caramel – Life is full of hard choices, choosing between salty and sweet shouldn't be one of them.

3 Mint Chocolate Chip – Refreshing peppermint, chocolatey nougat and chocolate chips come together to deliver this sweet treat.



About Complete Cookies

The Complete Cookie® has been a top-selling product for Lenny & Larry's for many years. This delicious Vegan cookie has no preservatives, no dairy products, no animal products, 16 grams of protein, 6 grams of fiber, 0 grams of trans fat, is kosher and all natural. We make six incredible flavors; Chocolate Chip, Double Chocolate, Lemon Poppy Seed, Pumpkin Spice, Oatmeal Raisin and Peanut Butter. You might be wondering one last thing — why is it called The Complete Cookie®? Because Vegans everywhere say “You Complete Me!” after taking a bite!



1 Apple Pie – Apple Pie is a sinfully delicious protein cookie that captures the nostalgia of a fresh-baked homemade pie. It's the perfect combination of sweet apple chunks with a subtle cinnamon finish.



2 Birthday Cake – Made with protein-rich golden batter, this nutritious and delicious cookie provides everything you need anytime you need a pick-me-up. And this cake isn't just topped with colorful rainbow sprinkles—it's filled with them for a sweet and playful crunch in every bite.

3 Chocolate Chip – When you hear the word “cookie”, what's the first flavor to pop up in your head? Since 1936, chocolate chip has become the most iconic cookie flavor in America, thrilling both kids and adults alike.



4 Chocolate Donut – Inspired by a classic donut shop favorite... Topped with colorfully fun sprinkles and baked with chocolate chips, our cookie tastes like rich Devil's Food donuts without the guilt.

5 Choc-O-Mint – Introducing Choc-o-Mint! Rich cocoa combines with cool mint chips, making this protein cookie taste like mint chocolate candy. It's never been easier to be better to your body while satisfying your sweet tooth!



6 Coconut Chocolate Chip – Coconut lovers rejoice! Now you can enjoy the sweet, delicate flavor of coconut in the best tasting protein cookie out there. Generously filled with coconut and chocolate chips throughout, what's not to love about this cookie?

7 Double Chocolate – Chocolate, chocolate and more chocolate. If you love chocolate as much as we do, you'll love our vegan double chocolate chip cookies that give you the chocolate mega dose you've been looking for.

8 Lemon Poppy Seed – Refreshing from start to finish, our Complete Lemon Poppy Seed Cookie combines sweet and tart flavors for a lemony treat. Every scrumptious bite will leave you wondering where they hid the “healthy” stuff.

About Complete Cookies

The Complete Cookie® has been a top-selling product for Lenny & Larry's for many years. This delicious Vegan cookie has no preservatives, no dairy products, no animal products, 16 grams of protein, 6 grams of fiber, 0 grams of trans fat, is kosher and all natural. We make six incredible flavors; Chocolate Chip, Double Chocolate, Lemon Poppy Seed, Pumpkin Spice, Oatmeal Raisin and Peanut Butter. You might be wondering one last thing — why is it called The Complete Cookie®? Because Vegans everywhere say “You Complete Me!” after taking a bite!



1 Oatmeal Raisin – A childhood favorite, the oatmeal raisin cookie has been made by loving grandmas all across America. We've perfected this classic treat by including hearty rolled oats and sweet raisins in every chewy bite..

2 Peanut Butter – Chewy, creamy and moist, this wonderful cookie is a peanut butter lover's dream. The rich flavor of peanut butter infused in every cookie will satisfy you bite after bite.

3 Peanut Butter Chocolate Chip – Nothing tastes better than creamy peanut butter and rich chocolate – yummy! Peanut Butter Chocolate Chip is a sweet, delectable treat that is hard to resist. But no need to worry, go ahead and indulge guilt-free!

4 Pumpkin Spice – When you think of pumpkins, you probably think of a certain holiday season. But pumpkins aren't just for fall! Our Complete Pumpkin Spice cookie was such a seasonal success that we decided to add it year round.

5 Salted Caramel – Our rich vegan chocolate cookie blends caramel chips and a hint of sea salt to bring balance to the ultimate decadent treat... Salted Caramel plant-based protein cookie! Enjoy this sweet and salty duo to satisfy your most indulgent cravings.

6 Snickerdoodle – Love the taste of cinnamon? Then look no further. Lenny & Larry's Complete Snickerdoodle Cookie is generously topped with cinnamon and sugar to give you a delightful little crunch with each tasty bite.

7 White Chocolatey Macadamia – Why just have chocolate when you can have both chocolate AND macadamia nuts? This mouth-watering combination of sweet white chocolate and crunchy, crumbly macadamia nut makes this one of our fan favorites!

About Keto Cookies

Introducing your newest guilt-free addiction... a plant-based Keto Cookie™ with 3g net carbs! If you are living gluten-free, eating keto or just watching your sugar, you will love every bite of this low-carb, vegan treat. Not only do our keto cookies taste great but they're also packed with protein and provide an excellent source of fiber. You'll feel full for longer while satisfying your craving.



1 Chocolate Chip – Our new plant-based Chocolate Chip Keto Cookie has a unique blend of creamy chocolate chips and crunchy cocoa nibs to give this cookie a rich flavor that is sure to satisfy any snack time craving.

2 Coconut – Our new Coconut Keto Cookie is bursting with sweet, buttery coconut. Packed with plant-based protein, this vegan, low-carb cookie is the perfect indulgence for your coconut craving.

3 Peanut Butter – If you love peanut butter, you won't be able to resist our new Peanut Butter Keto Cookie. Chock-full of roasted peanuts and creamy peanut butter, this low-carb, plant-based treat won't have you sacrificing flavor, so enjoy without guilt.



About Complete Crunchy Cookies

Our NEW bite-sized Complete Crunchy Cookies® are like no other cookie on the market! Snack friendly and convenient, you won't believe the amount of clean plant-based protein and fiber they contain. With the most addicting crunch and incredible taste, you can feel great about finishing the whole bag!



1 Crunchy Chocolate Chip – Our mouth-watering Chocolate Chip flavor tastes just like it should. Filled with the perfect amount of smooth and creamy chocolate chips, they will easily become your new favorite snack

2 Cinnamon Sugar – What's crunchy, golden brown, and perfectly round? Our Cinnamon Sugar Crunchy Cookies! With the right balance of sweetness and dash of cinnamon, you won't be able to stop at just one. True story!

3 Double Chocolate – Is there such a thing as too much chocolate?! We think not! Enter our delectable Double Chocolate Crunchy Cookies. Every crunchy bite is filled with the rich taste of cocoa and chocolate chips to satisfy your chocolate sweet tooth.



About Fruit Bars

A delicious gluten-free all-natural snack with the taste of homemade baked cobbler! All sugars come from natural fruit and fruit juice. Both kids and adults will love them!

Gluten-Free / Low-Fat / Vegan / Wheat-Free / Soy-Free / Corn-Free / Dairy-Free



1 Apple Cinnamon

2 Blueberry

3 Cherry

4 Strawberry



About Nut Butter Balls

I'm nuts about making products that help you feel your best, which is why I use only the healthiest, all-natural ingredients in each of my hand-rolled energy balls. ~Betty Lou

Non-GMO / No Trans-fat / Gluten-Free / Corn-Free / Great for Workouts / B-complex Vitamins / Balanced Energy



1 Protein Plus Almond Butter – Betty Lou uses only natural ingredients in her Protein Plus Almond Butter Energy Balls so not only do they taste great but they are good for you as well. Each Nuts About Almond Butter Protein Plus Energy Ball delivers 12g of protein and 3g of dietary fiber. Certified gluten free.

2 Protein Plus Peanut Butter – Betty Lou uses only natural ingredients in her Protein Plus Peanut Butter Energy Balls so not only do they taste great but they are good for you as well. Each Nuts About Peanut Butter Protein Plus Energy Ball delivers 13g of protein and 4g of dietary fiber. Certified gluten free.

About Power Crunch Bars

Power Crunch Original Protein Energy bars are a breakthrough in the evolution of smart food. Introduced as our first bar line, the Power Crunch Original is still the only wafer crème style protein bar on the market. The unique cookie inside packs the ideal amount of protein while bringing out the true meaning of the word “Crunch,” in a deliciously enticing snack, scientifically designed to power your busy lifestyle.

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1 Cookies & Creme

2 French Vanilla Creme

3 Peanut Butter Creme

4 Peanut Butter Fudge

5 Salted Caramel

6 Triple Chocolate

7 Wildberry Creme

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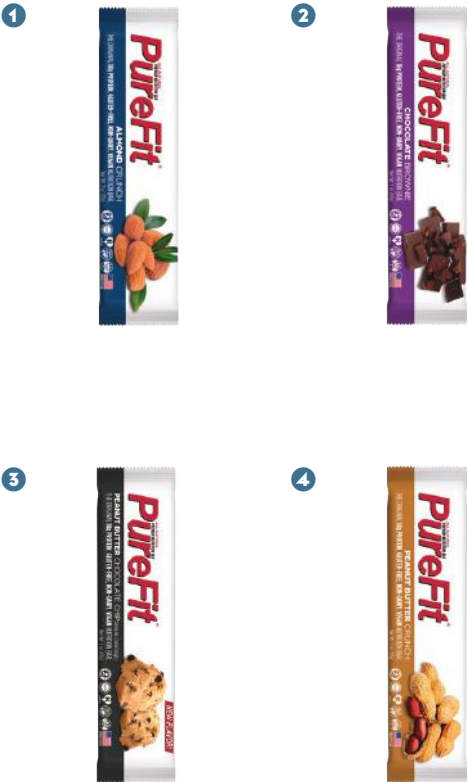


About PureFit Nutrition Bars

100% All-Natural Ingredients, 18 Grams of Soy Protein, Non-GMO Soy, Unprecedented Great Taste. This low glycemic, nondairy bar is based on over 20 years of research and was not practical to manufacture until now. Best of all, these bars are versatile. From lunch boxes to soccer moms, from Wall Street executives to pro-athletes—everybody loves the taste and they fit into any pocket. Finally—a nutrition bar designed not only for the whole person but for the whole family.

NO Hydrogenated Oils, NO Animal Products, Vegan, NO Cholesterol, or Trans Fatty Acids, NO Wheat or Gluten, NO Artificial Sweeteners, NO Hidden Carbohydrates, NO Sugar Alcohol.

- 1 Almond Crunch
- 2 Chocolate Brownie
- 4 Peanut Butter Chocolate Chip
- 5 Peanut Butter Crunch



About Raw Rev Bars

No bad stuff. (No Kidding.)

Our mission is to wow our customers with taste, nutrition, and quality, transforming the health of people and the planet.

- Gluten Free
- Organic
- Kosher
- Vegan
- Non-GMO

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1 Chocolate Coconut Cashew – It's like eating a chewy macaroon, but better! Coconut and chocolate lovers this is a must have, and it's a bestseller.

2 Chocolate Raspberry Truffle – We have figured out the perfect blend of sweetness to synergize with this classic pairing of raspberry and chocolate. A decadent treat.

3 Golden Cashew – Our simplest bar (with only 6 raw ingredients) is nutty and zen.



About Raw Rev Glo Bars

Our Mission is to create irresistible, affordable, convenient superfoods bars using nutritious whole-food, mostly raw ingredients. They're as good for the environment as they are for you, making the world cleaner and healthier with every bite.

- High Protein
- High Fiber
- Low Sugar
- All Vegan



1 Creamy Peanut Butter & Sea Salt – The Raw Rev Glo Creamy Peanut Butter & Sea Salt bar has a creamy, delicious taste. Includes organic and raw ingredients with omega-rich superfoods to keep you GLOing from the inside out. Each bar contains easily digestible plant based proteins, amino acids and trace minerals to keep your body lean and active. Also contains omega rich organic chia, organic flax seeds and mineral rich sea salt for GLOing health. Raw Rev has raised the bar on our commitment to taste, nutrition, and affordability. Always free from GMOs and artificial ingredients.

2 Peanut Butter, Dark Chocolate & Sea Salt – The Raw Rev Glo Peanut Butter, Dark Chocolate & Sea Salt bar has a creamy, delicious taste with rich dark chocolate. Includes organic and raw ingredients with omega-rich superfoods to keep you GLOing from the inside out. Each bar contains easily digestible plant based proteins, amino acids and trace minerals to keep your body lean and active. Also contains omega rich organic chia, organic flax seeds and mineral rich sea salt for GLOing health. Raw Rev has raised the bar on our commitment to taste, nutrition, and affordability. Always free from GMOs and artificial ingredients.



About Two Leaves and a Bud Detox Tea

New Purpose-Filled Teas are packed with powerhouse, organic ingredients grown out in the sunshine, not in a lab. Brew them hot, pronto, or throw in a water bottle to infuse for at least an hour. Haven't you heard that cold brew is all the rage?

Take some Purpose-Filled Tea on your next adventure, whether you need to detox, energize with caffeine or invigorate without.



- 1 Organic Detox** – A sweet lime aroma followed by big berry flavors, earthy-rooibos, and a hint of spice at the finish. Your tastebuds are nodding.



About Two Leaves and a Bud

Two Leaves and a Bud is an independent tea company based in the mountains of Colorado. Our passion is connecting tea lovers with the teas they love and introducing new tea drinkers to truly great tea.



2 Nice Matcha Latte Mix – Take a step into a modernized Japanese tradition with this mix of finely ground green tea and just enough sweetness to blend into delicious matcha lattes or smoothies. Find out why it's such a "Nice Matcha."

3 Two Roots Turmeric Ginger Latte Mix – Make delicious golden lattes with this naturally caffeine-free blend of healthful turmeric, ginger and rooibos. A bit spicy, a touch sweet, and totally satisfying.

4 Chai Latte Mix – A powdered chai tea blend with quality black tea and rich spices for making Chai Lattes.



