

# GET THE SCOOP ON SCOOPS

## SCOOP

## SIZE

## ALLERGEN

## PRODUCTS

### ORANGE



70cc - for 20g Protein  
53cc - for 15g Protein

ALLERGEN

- swiig Daily Whey Protein
- swiig Simple Whey Protein
- swiig Daily Mass Builder

### GREEN



70cc - for 20g Protein  
53cc - for 15g Protein

- swiig Ancient Grains Plant Protein

### CLEAR



50cc

- swiig Freeze-Dried Spinach, Kale, Pumpkin, Strawberries, Sweet Potato, Pineapple, Raspberries, Blueberries, Mango, Acai, Banana
- swiig Raisins, Oats, Granolas
- swiig Flavor Fusions

### METAL MEASURING SPOONS



<sup>†</sup>Spices can be measured  
in different increments.  
Please refer to your recipes  
for specific  
measurements per shake.

- swiig Flavor Extracts
- swiig Freeze-Dried Avocado
- Agave
- Honey
- swiig Dried, Shredded Coconut
- swiig Spices<sup>†</sup>
- swiig Ground Cacao Powder
- swiig Seeds
- swiig Freeze-Dried Beets
- swiig Freeze-Dried Lemon

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ORANGE



9cc

- swiig Core Supplements
  - Creatine
  - Glutamine
  - Get Energized
  - Get Essentials
  - Get Flexible
  - Get Lean
  - Get Recovered
  - Get Regular
  - Organic Super Greens



1 tbsp scoop

ALLERGEN

- Almond Butter



2 tbsp scoop

ALLERGEN

- Peanut Butter

WHITE



50cc

ALLERGEN

- Cafe Essentials Powders
  - swiig Powdered Yogurt
- \*\*White scoop used to indicate Dairy presence*

BROWN



50cc

ALLERGEN

- swiig Organic PB Lite