

Why **Freeze-Drying** is a **super healthy** option

All processing, including freeze-drying, involves some loss of nutrients—but fresh fruits and vegetables can lose nutrients just sitting around on your kitchen counter. The main difference between freeze-dried foods and fresh foods is water. Just like with freezing, the initial quality of the food and the length of time between harvest and freeze drying are important factors in nutrient quality.

All swiig Dried Fruits & Veggies:

- Are harvested at peak ripeness & immediately dried
- Have no added sugars, oils or chemicals
- Provide a nutrient-dense addition to any shake (especially a Recovery Shake!)

Studies continually show that Freeze-Dried Fruits & Veggies are:

- Can be a great source of Anthocyanins & Vitamins
- Are packed with Antioxidants & Phytochemicals
- Raw, Living Food