


Sea Moss contains 92 out of 102 minerals that are found in our bodies. Eucheuma Cottonii, commonly called Irish moss, Sea moss or carrageen moss a nutritious **healing sea vegetable**. It is a powerful anti-inflammatory, useful in treating arthritis, gout and more. Promotes healthy digestion; Aids in weight loss and weight control via increased metabolism; It is a natural and healthy whole food source of carrageenan, also used as a thickening or emulsifying agent in cooking and for food products.

Produced in the UK
Genni Oils Ltd, Chelsea SW100ST
  WWW.GENNI.CO.UK 

Nutrition Facts	
Serving Size 2 tbsp 1/8 cup 10g (10 g)	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	
Vitamin A	0%  Vitamin C
Calcium	1%  Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



Sea moss smoothie drink recipe
DIRECTIONS
Can be used as part of your diet or health program. For meal replacement, simply add 2-3 tablespoons to your fruit smoothies. For a refreshing Caribbean Sea moss drink, add 2-3 tablespoons of the gel in a blender with banana, nutmeg, cinnamon, milk (or Plant based alternative) add honey or other sweetener. Blend high speed for two minutes serve. Can also be used in cereals, cakes, pancakes and as a food thickener.

INGREDIENTS 
Eucheuma Cottonii Wild crafted
Sea Moss & Aqua Spring water.
Minerals from the Gulf Stream which is a stream that travels the globe.
STORAGE
Keep refrigerated. Once opened use within 2 weeks
For best results use as soon as possible

Batch:

BBD:

Lorem ipsum