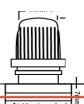
LOCATED IN THE REFRIGERATOR SECTION **READY MADE organic wild crafted Sea moss** Squeeze and add to your drinks, cereals or foods

Convenient, easy to use and store



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. All of this in a very easy to use package.

## 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		

Sodium 7mg Total Carbohydrate 1g

Dietary Fiber 0g Sugars 0g Protein 0a

Totolling		
Vitamin A	0%	1%
Calcium	1% ● Iron	5%
	lues are based on a 2,000 calor	

## 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 (AKA Irish Moss, Carregeen), spring water, nutmeg and cinnamon. Minerals from the Gulf Stream a stream that travels the globe

## **STORAGE**

Keep refrigerated
Once opened use within 14 days





Batch:

BBD:

0%

0%

1%

Produce of the Caribbean Genni Oils Ltd, London SW10 0S7 WWW.GENNI.CO.UK

\_as possible

For best results

