

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	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 1%
Calcium 1%	Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

www.NutritionData.com

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, Carrageen), 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



250ml
Batch:
BBD:

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

For best results
consume as soon
as possible