



Sea Moss contains 92 out of 102 minerals that are found in our bodies. *Euchemum 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.

Nutrition Facts	
Serving Size 2 tbsp 1/8 cup 10g (10 g)	
Amount Per Serving	Calories from Fat 0
Calories 5	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	
Vitamin A	0% Vitamin C 1%
Calcium	1% Iron 5%

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
Euchemum Cottonii Wild crafted Sea Moss & Aqua Spring water and Passion Fruit, Vit C, 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: ON JAR LID

Produced in the UK
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Vegan and Gluten-Free: This Passion fruit infused wild-crafted seamoss gel is vegan and gluten-free, making it suitable for various dietary preferences. Our sea moss gel is meticulously crafted from the finest wildcrafted sea moss, carefully harvested from the pristine ocean waters of the Caribbean.

Experience a remarkable blend that is GMO-free, vegan and gluten-free. Enriched with an abundance of essential nutrients such as magnesium, vitamin A, vitamin K, omega-3 fatty acids, iron, potassium, and so much more. Indulge in the epitome of High Quality.

Passion fruit is a nutrient-dense tropical fruit packed with dietary fiber, antioxidants like vitamins A and C, and potassium. These elements make it an excellent addition to your diet for boosting immunity, promoting glowing skin, improving digestion, and supporting cardiovascular health.

Importance of Passion Fruit

Rich Source of Nutrients: Passion fruit provides essential vitamins, minerals, and antioxidants for overall health.

Boosts Immune System: High vitamin C content helps strengthen the body's natural defense mechanisms.

Supports Digestive Health: Dietary fiber in passion fruit aids digestion and promotes regular bowel movements.

Enhances Heart Health: Potassium and fiber contribute to maintaining healthy blood pressure and cholesterol levels.

Promotes Skin Vitality: Antioxidants in passion fruit help protect skin from aging and environmental damage.

Improves Eye Health: Rich in vitamin A, passion fruit supports good vision and prevents eye disorders.

Provides Natural Energy Boost: Carbohydrates and vitamins supply sustained energy for daily activities.

Supports Mental Well-being: Nutrients like magnesium help reduce anxiety and improve mood balance.

Helps Manage Weight: Low-calorie content and fiber promote satiety and healthy weight management.

Versatile Culinary Ingredient: Passion fruit enhances flavor and nutrition in beverages, desserts, and savory dishes.

Keep refrigerated and once opened use asap. Or can be frozen for up to 6 months.