

AVOID WHILE PREGNANT, BREASTFEEDING OR IF YOU TAKE BLOOD THINNING MEDICATION.  
 STORE IN A COOL, DRY PLACE. ONCE OPENED, KEEP REFRIGERATED. CONSUME WITHIN 3 WEEKS OF OPENING.

0 788364 728616



STRAWBERRY SEA MOSS	PER 100g	INGREDIENTS
TYPICAL VALUES	3617 (kcal)	ALKALINE WATER (PH 9.5)
ENERGY	0g	66% CHONDRIUS CRISPUS
FAT	0g	(SEA MOSS) 34%
OF WHICH SATURATED	0g	STRAWBERRY FLAVOUR
CARBOHYDRATES	80g	(HUMECTANT (PROPYLENE
OF WHICH SUGARS	0g	GLYCOL), WATER, NATURAL
FIBRE	4.5g	FLAVOURING, COLOUR
PROTEIN	2g	(BETROOT RED),
SALT	0.57g	SWEETENER (SUCRALOSE)).
IODINE	3210g	
	(28%)*	

\*% NUTRIENT REFERENCE VALUE  
 MADE AT NORTON BARTON FOR LATTIE'S SEA MOSS LTD,  
 13 CONSORT AVENUE, ROTTON, OLDHAM, OL2 5SE

**ALLERGENS**  
 FOR ALLERGENS, SEE  
 THIS PRODUCT MAY  
 CONTAIN FISH, SHELLFISH  
 AND MOLLUSCS.

**DIETARY ADVICE**  
 TAKE 12 TISKS  
 3 TIMES A DAY, NOT  
 EXCEEDING THE  
 RECOMMENDED  
 DAILY DOSE.

**VEGAN**  
**250g**

nature's  
**MULTI VITAMIN**

with  
**ALKALINE WATER**

# LATTIE'S



## STRAWBERRY SEA MOSS

In and around the crystal-blue Jamaican shoreline, chondrus crispus, otherwise known as sea moss, grows in plentiful abundance. My mother who first raised our family on the 'jamrock' would forage the deep red fronds to make a nutritious broth for the whole family. It turns out she was onto something...with 90% of the micronutrients that make up the human body, sea moss more than deserves the title of nature's multivitamin.

I'M PROUD TO KEEP THE FAMILY RECIPE ALIVE WITH THIS SUSTAINABLE SEA MOSS GEL. STIR INTO YOUR OATS, BLEND IN YOUR SMOOTHIES OR EAT STRAIGHT FROM THE SPOON. Noel Lattie • Founder

