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,London SW10 0ST
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	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

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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 aspossible
Batch:

BBD:

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.
High Quality- Indulge in the Epitome of High Quality. Our sea moss gel is meticulously crafted from the finest wildcrafted sea moss, carefully harvested from the pristine ocean waters of the Caribbean.
Keep refrigerated and use within 5 weeks. Or can be frozen for up to 6 months