

AVOID WHILE PREGNANT,
BREASTFEEDING OR IF YOU
HAVE BLOOD THINNING
MEDICATION.

STORE IN A COOL, DRY
PLACE. ONCE OPENED, KEEP
REFRIGERATED, CONSUME
WITHIN 3 WEEKS OF OPENING.

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NATURAL SEA MOSS	PER 100g	USE BY: SEE LID	INGREDIENTS
TYPICAL VALUES	300g / 750g		ALKALINE WATER (pH 9.5)
ENERGY	0g		66% CHONDRUS CRISPUS
FAT	0g		(SEA MOSS) 34%
OF WHICH SATURATES	0g		
CARBOHYDRATES	80g		
OF WHICH SUGARS	0g		
FIBRE	4.5g		
PROTEIN	2g		
SALT	0.57g		
IODINE	3210g		
*** NUTRIENT REFERENCE VALUE	(225%)		
MADE AT NORTON BARTON FOR LATTIE'S SEA MOSS LTD, 13 CONSORT AVENUE, ROYTON, OLDHAM, OL2 5SE			

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

DIETARY ADVICE
TAKES 2 TISPS
DAILY. DO NOT
EXCEED THE
RECOMMENDED
DAILY DOSE.

VEGAN
250g

nature's
MULTI VITAMIN

with
ALKALINE WATER

LATTIE'S

NATURAL 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