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:

More commonly referred to as sea moss, its main culinary use is as the thickening agent carrageenan. Vegan-friendly and a good all-round emulsifier, carrageenan is frequently used by food manufacturers. In a domestic setting, however, you're more likely to find sea moss in supplement form rather than as a recipe ingredient.
Sea moss benefits may include:

1. It provides iodine and tyrosine, which support a healthy thyroid

2. Rich in fibre, it also acts as a prebiotic, boosting good bacteria in the gut

3. Contains phytochemicals that improve the immune system

4. Its fibre content means it slows down digestion and balances blood sugar levels

5. One of the best plant sources of omega-3 fatty acids, which support a healthy heart
Top 5 health benefits of sea moss
1. May support thyroid health

Our thyroid gland is responsible for releasing hormones to help govern our growth, energy, reproduction and repair. In order to do this, the thyroid needs a number of nutrients, one of which is iodine and another the amino acid, tyrosine. Both of these nutrients are found in seaweed, although in variable levels depending on the variety and how it's stored and prepared.

2. May support gut health

Seaweed is rich in dietary fibre, much of which is in the form of polysaccharides, a fibre we can't digest but the bacteria in our gut can – in this way it acts as a prebiotic or food source for these beneficial gut microbes.

Fuelling the gut bacteria in this way helps create a favourable environment promoting the microbes which offer us the greatest benefits. It's these gut bacteria which, among other things, help shape our health through their production of beneficial compounds called short chain fatty acids.

3. May support immunity

The harsh conditions of the coastal waters in which seaweed, like sea moss, have evolved to survive has meant they've developed an enviable defence mechanism. As such, they are rich in phytochemicals which, when consumed, provide health benefits including immune modulation and improved immune response for the consumer.

4. May improve blood sugar control

Studies suggest that including seaweed as part of a healthy, balanced diet may support blood sugar management and potentially reduce the risk of type 2 diabetes. This is thanks, partly, to compounds like the carotenoid and fucoxanthin, which helps to reduce insulin resistance and support better blood sugar control. The high fibre content in seaweed also plays its part in helping slow the speed of digestion.

5. May support heart health

Seaweed, including sea moss, is one of the best plant sources of omega-3 fatty acids, which are essential for health, and especially so for the heart and cardiovascular system. Studies suggest that seaweed may improve cholesterol balance and act as a blood thinner, reducing the risk of heart disease.

It's worth noting that although some studies examine the effects of sea moss, many use alternative species of seaweed. Therefore, more research is needed to clarify our understanding of the specific health effects of sea moss in the human diet.

Is sea moss safe for everyone?
Being rich in the mineral iodine, seaweed, including sea moss, is especially useful for those following a largely plant-based diet. However, while the iodine content makes seaweed beneficial for thyroid health, consuming too much may have a detrimental effect. For this reason, the British Dietetic Association recommends seaweed is not eaten more than once a week, especially during pregnancy.

If you're on blood thinning medication such as warfarin, your GP or dietitian may suggest you monitor the vitamin K-rich foods, like seaweed, in your diet to ensure you eat similar amounts consistently. Another nutrient which seaweed is high in is potassium. Certain medications work by raising the potassium levels in the blood, so if you are taking one of these, you should be careful when eating foods rich in potassium, like seaweed.

Seaweed can soak up and store minerals in high amounts, and may accumulate toxic heavy metals such as cadmium, mercury, aluminium and lead. That said, one study suggests the toxicity risk appears low, although it is best to consume sea moss, as with other sea vegetables, in moderation.

Overall, is sea moss good for you?
While it may not be part of your daily diet, eating sea moss certainly has impressive benefits. Not only is it a rich source of heart-healthy vitamins and minerals, it also contains high levels of omega-3 and fibre. This fibre helps to balance blood sugar and promote a healthy gut. What's more, sea moss stands out from other greens because of it's ability to improve the immune system, thanks to the harsh conditions it has evolved to grow in.