

**Ingredients:** Irish Moss (Algae Chondrus crispus)\* \*Organic ingredient \*\*  
Certified for use in organic . \*May contain crustaceans & molluscs.

**Dosage:** Adults take 1g daily or as required

**Directions:** Mix into cereals, yogurts, smoothies, juices and other food and drinks.

**Vegan Friendly:** Store in a cool dry place. Reseal the pouch after use.

Typical Values	Per 100g	Per 1g Serving	Keep out of sight and reach of children. Seek medical advice if pregnant or in case of hyperthyroidism, or if you have any known health conditions. Discontinue use and consult with Doctor immediately if you feel adverse side effects.
Energy	195 kcal 816 KJ	1.95 kcal* 8.16 KJ*	
Fat	1.45g	14.5 mg	
Of which Saturates	1.15g	11.5 mg	
Carbohydrates	2.625g	26.25 mg	
Of which Sugars	<0.5g	<5.0 mg	
Fibre	4.96g	49.6 mg	
Protein	21.1g	211 mg	Best Before End: 05/2026
Iodine		112µg (75% AI**)	
RI* energy - Reference daily intake of an average Adult 2000 kcal / 8400 k.J. AI** Iodine = Daily Adequate Intake - 150ug/day			



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Guaranteed  
Irish



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