



## DREAM MOSS GEL & GUMMIES FAQs

Thank you for your purchase!!

### How to Eat/Use Dream Moss:

- Eat it straight out of the jar
- Add life to your Smoothies, Fruit Bowls & Juices
- Add to your Oatmeal, Yogurt, Baking, Soups or Tea
- Recommended amount: At least 2 tablespoons daily or 2-3 gummies per day

**Ingredients:** 100% Wild Harvested Sun-Dried Sea Moss, alkaline water, superfruits. Gummies may include organic juice.

\*HARVESTED SUSTAINABLY\* \*VEGAN\* \*NO DAIRY\* \*NO GLUTEN\* \*NO SOY\* \*NO PRESERVATIVES\* \*NO ARTIFICIAL COLORS, FLAVORS, SWEETENERS\*

### How do I store my Dream Moss fruit infused gel or gummies?

**Dream Moss Gel should always be stored in a refrigerator immediately.** The lowering of the temperature of the Dream moss preserves the life of your Moss longer because *Temperatures between 34-38 degrees F slow bacterial growth.*

### How long does Dream Moss last before it spoils?

**Sea Moss gel is a perishable item.** Most Dream Moss Gel & Gummies have an average life span of about 1 ½ to 2 weeks if infused with fresh fruit. Plain sea moss gel or added powered superfruits can last a bit longer, around 3 weeks. You should always inspect all your food products before consumption. Sea Moss has been known to vary in spoilage and is not intended to be stored but rather to be consumed. We always advise to consume generously, minimum of 2 tablespoons daily.

### How do I know if my Dream Moss spoiled?

Signs of spoilage include odd pungent aroma & light grayish watery/slimy coating on top layer & mold. If you find mold or suspect spoilage prior to the expiration date on the top, please reach out to us, [dreambowlz@gmail.com](mailto:dreambowlz@gmail.com).



## How much Dream Moss can I consume?

We recommend at least 2 tablespoons or 2-3 gummies per day. Feel free to be generous with your tablespoons. The more the better but remember to drink at least 1 gallon of water per day.

## Can I take Dream Moss if pregnant?

Dream Moss is great for an expecting mother. Babies require a majority of the Vitamins, Nutrients & Minerals an expecting mother consumes. By adding Dream Moss to your diet, you will maximize the amount of Vitamins, Nutrients and Minerals being consumed so that mom is not left feeling drained after the unborn child has had its full share of the food benefits. It is an amazing additional to the family regiment.

## Can I give Dream Moss to an infant?

Dream Moss is safe & suggested for infants & children. Dream Moss Gel can double as a baby food option.

## Can I take Dream Moss if I am allergic to shellfish, sea animals or bottom feeders?

Absolutely! Dream Moss is a Vegan product that simply grows off the shores in the sea.

## Where does Dream Moss originate from?

Our Dream Moss Gel is made using 100% Raw, Wild Crafted, Harvested & Sun-Dried Sea Moss from the Caribbean.

Please do not hesitate to reach out to us if you have additional questions, [dreambowlz@gmail.com](mailto:dreambowlz@gmail.com).

Thanks again for your support!

*The Colquitt's*

The Colquitt Family  
Dream Bowlz

*Feeding Your Mind, Body, Spirit and Soul*

