

DREAM MOSS SEA MOSS GEL & GUMMIES FAQs



What is Dream Moss sea moss gel?

Dream Moss is a powerhouse superfood red algae or seaweed, also known as a sea vegetable and is full of powerful nutrients. Eating sea moss is a great way to add nutrients and minerals to your diet.

What are the ingredients of Dream Bowlz, Dream Moss sea moss gel?

Dream Moss is 100% wild harvested, sun-dried sea moss, soaked in alkaline water and blended with organic fruits. Gummies may include organic juice.

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

What are the benefits of Dream Moss?

- Replenishes 92 of the 102 minerals our bodies are made up of
- High in antioxidants
- Improves the health of hair, skin, and nails
- Dissolves mucus
- Gut Health & soothes digestive tract
- Increases energy
- Improves circulation
- Boost's immunity & fights infection
- Builds strong bones, strengthens connective tissue, & eases joint pain
- Reduces inflammation
- Promotes mental & emotional health as it improves mood
- Boosts metabolism & suppresses appetite
- Provides key nutrients during fasting
- Protects brain from degeneration
- Aphrodisiac
- Promote a healthy thyroid
- Supports a healthy heart
- Increases sex drive & stamina
- Great post workout for muscle and joint recovery
- Rich in Iron, Calcium, Magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Iodine & MORE!!!

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.

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.

Can you use Dream Moss as a face mask?

Absolutely, up to 2-3 times per week! Sea moss tightens the skin, minimize pores, while it absorbs all the minerals. You can take our plain sea moss gel, add some warm water to make spreadable and room temperature (not too thin as you want it to stick to your face). Spread a light layer onto your face and neck. Leave on for 15 - 20 min, rinse off with warm water and pat dry.

Can I take Dream Moss if pregnant?

Dream Moss is great for an expecting mother. Babies require many 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 or child?

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.

Please do not hesitate to reach out to us if you have additional questions, dreambowlz@gmail.com.

Thank you for your support!

The Colquitt's

**The Colquitt Family
Dream Bowlz**

Feeding Your Mind, Body, Spirit and Soul