

DREAM MOSS SEA MOSS GEL & GUMMIES FAQs



What is Dream Moss sea moss gel?

Dream Moss is a powerhouse superfood 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 & gummies?

- Gel is 95% wild harvested, sun-dried sea moss blended with 5% organic fruits.
- Gummies are 85% wild harvested, sun-dried sea moss, 8% organic fruits, & 7% coconut sugar.

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

How do I store my 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.*
- Gummies can be stored in the pantry or on the shelf for 5-6 months.

How long does Dream Moss last before it spoils?

Fruit infused Dream Moss Gel has 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 between 3 1/2 to 5 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 included on the jar, please reach out to us, dreambowlz@gmail.com.

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.

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 or Atlantic Ocean.

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
- 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!!!

What's the difference in colors, Gold, Green, Full Spectrum and Purple/Chondrus Crispus?

The different colors (Phytonutrients) play a different role in the body e.g, purple is high in antioxidants which combat free radicals in your body, gold/yellow is high in phytonutrients which play a role in cellular communication. The green sea moss contains chlorophyll which aids in liver detoxification and increases blood hemoglobin.

Gold Sea Moss is the most commonly used and the only color that is sun-dried. It offers all the benefits of Sea Moss that we've come to know and love. But, it has very minimal smell and taste compared to the other colors.

Green Sea Moss is high in Chlorophyll, which is widely known as the "life force" of plants and is what gives plants their natural green color. Chlorophyll is an all-natural body deodorizer and detoxifier. It is also great for healing the skin and reducing bacterial growth in wounds. Green Sea Moss is rarer to find and dried in a dark room to avoid losing its unique color and benefits.

Purple Sea Moss contains powerful antioxidants called Anthocyanins, which are commonly found in blue and purple fruits or vegetables. Anthocyanins are linked to health benefits such as stronger bones, a healthier heart, lower inflammation, and protection against certain types of cancers. Purple Sea Moss is rarer to find and dried in a dark room to avoid losing its unique color and benefits.

Full Spectrum is a mix of the Gold, Purple, and Green Sea Moss. Perfect for those who want all the benefits!

All colors of sea moss contain many of the same minerals and benefits; however, everyone's body is different, and consistent sea moss consumption may benefit/impact persons differently.

Chondrus Crispus aka Irish Moss or Purple Irish Moss contains all the same benefits as Purple Sea Moss but is harvested mostly in Ireland, out of the Atlantic Ocean.

* These statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease or health condition.