



Seamoss Gel

REFRIGERATE ME

Take 1 to 2 tablespoons a day

Ways to consume : Consume Raw Eat

1 to 2 tablespoons out the jar

Drink in Hot Tea :Add to any tea or
make an Alkaline Sea Moss Tea that
will increase your Energy and remove

any Mucus. Slices of Ginger , Two

Tablespoons of Sea Moss Gel,

Sweetener,(Agave Syrup or Honey)

Drink in Smoothies Add 2 Tablespoons

of Sea Moss Gel to any of your
favorite Smoothies

Cook with your Favorite Meal

Mix it in Soups, Stews, Gravys, BBQ

Sauce and More.....

ENJOY!



