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| **SELF-WEALTH-PREMUIMBENEFITS OF SEA-MOSS** |
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| 1. **Heart-Healthy**
 | 1. **Reduces Inflammation**
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| 1. **Promotes Weight Loss**
 | 1. **Cleanses The Blood**
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| 1. **Fiber, Iron & Omega 3**
 | 1. **Libido, Sexual Health**
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| 1. **Supports Gut Health**
 | 1. **Thyroid Health**
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| 1. **Boosts Your Immunity**
 | 1. **Relief Colds and Flu**
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| 1. **Builds Muscle & Workout Recovery**
 | 1. **92 of 102 Minerals The Body Needs**
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| 1. **Promotes Healthy Skin**
 | 1. **Increases Energy**
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| 1. **Expels Mucus From Body**
 | 1. **Antibacterial Benefits**
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| 1. **Detoxifies The Body**
 | 1. **Fight Prostate Enlargement**
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| 1. **Supports Hair, Skin, & Nails**
 | 1. **Prevent Kidney Stones**
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| 1. **Strengthens Joints & Tissues**
2. **Support Digestive Tract**
 | 1. **Reduces Radiation Poisoning**
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| 1. **Removes Toxins & Heavy Metals**
 | 1. **Rich in Nutrients**
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| 1. **Supports Mental Health**
 | 1. **Non-GMO, Vegan & Gluten**
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| 1. **Blood Sugar & Cholesterol**
 | 1. **And More**
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* **May have drug interactions; consult your doctor before use.**
* **If pregnant, please consult your doctor before use.**
* **Consuming too much iodine from sea moss can cause thyroid issues, including hyperthyroidism, hypothyroidism, and goiter.**
* **Sea-Moss (Chondrus Crispus) : also known as Irish moss, is a type of seaweed that grows naturally in coastal waters. It is commonly found in the Atlantic Ocean, particularly along the rocky shores of Europe and North America. Sea-Moss is rich in vitamins, minerals, and antioxidants, making it a popular ingredient in various cuisines, health supplements, and skincare products. It is often used to thicken foods, provide nutritional benefits, and support overall health and wellness.**
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