

Sea Moss

Gracillaria

(a seaweed, not really a moss)



Raw Vegan Wild Crafted Gluten-Free Non-GMO

Thickener, Emulsifier, Raw Vegan Gelatin & Collagen
Eat it or put in on your face

This seaweed is straight from the ocean and needs to be cleaned vigorously multiple times.

Check for hidden sand and debris. Soak in bowl for 4-24 hrs at room temperature, rinsing a few more times with fresh water each time.

The moss will expand and turn a creaming white-translucent colour and feel slippery and soft and the strong aroma will be much less.

Blend in a powerful blender with a little fresh water until totally smooth and creamy.

It can be stored in the refrigerator for up to 2 weeks. Add to smoothies or any recipe for thickening. It takes approx 1 hour in the refrigerator to firm up.

Store unused portion in cool dry dark cupboard or in the refrigerator.

Sprout Master

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500gr

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Benefits of Sea Moss

Sea moss is a nutrient dense seaweed and excellent source of minerals making it ideal for those individuals transitioning or maintaining an active plant-based lifestyle. Some of the minerals include zinc, magnesium, iodine, bromine, calcium, iron, phosphorus, potassium, and selenium. This Irish Sea Moss is cultivated and harvested in the ocean of the Pacific. It is sun dried (no fertilizers or bleaching chemical used GMO Free). Healthy, nutritious, natural, loaded with vitamins and over 90 minerals that your body needs.

Irish Sea Moss, a super food, can be used in smoothies, health drinks, as a thickening ingredient for cakes, ice cream, gravies, desserts etc. Eat it raw for best results. In addition; Irish Sea Moss helps with various skin diseases, such as dermatitis, psoriasis, eczema and sunburn. It is well known as an excellent source of iodine and also helps to suppress the appetite. Once blended, it can be applied topically or added in baths to moisturize and hydrate the skin, reduce rashes and inflammation, as well as provide relief for muscle and joint pain.