

# Martin Made Sea Moss Gel

- Contains 92 minerals of the 102 total that the human body consists of
- Collagen (supports hair, skin and nails)
- Anti-inflammatory & Joint Support
- Immunity Booster
- Rid the Body of Mucus
- Supports Healthy Heart & Thyroid Function
- Promotes Good Digestion
- Improves Libido
- Appetite Suppressor
- Improves Mental/Emotional Health
- Natural Energy Booster
- Boost Metabolism
- Great Post Workout Recovery Tonic
- Strengthens Connective Tissue
- Can Improve Sexual Health & Fertility in Men & Women
- Anemia Relief

## Consumption/Uses

Sea Moss as you can see above has many health benefits. Here are couple ways you can switch up your consumption and usage.

- Mix in with coffee, tea or smoothies.
- Apply as Face Mask
- Apply as Hair Mask
- Can use to sooth eczema, burns or any other problems that may cause skin irritation.
- Use as a natural thickening/gelling agent when cooking foods and desserts.

## **Keep Refrigerated!!!!!!**

*\*\* when using directly on skin/hair please use your better judgment when applying past the set "best if used by" date.*

*\*Spring water is the only additive.*

***WARNINGS: Do not consume if pregnant, breast feeding or when taking any iodine supplement or blood thinner. If you are taking an iodine supplement, because of the natural high iodine levels you would want to replace one for the other. Please always contact your physician when in doubt. Pregnant or Breast Feeding: Please do your own further research.***

## ***DIRECTIONS/How to Consume:***

*1-2 TBS daily; Mix in with your daily coffee, tea, oatmeal or even blend into your smoothie. Get creative! \*\* I place sea moss in my coffee cup FIRST then stir to help it dissolve better, then I put my cream and coffee in. I also enjoy it in oatmeal.*

*I hope you receive the benefits that I and so many others have enjoyed. If you have any questions please don't hesitate to reach out to me. Text or call 419-355-3443*

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***Consumer Price - \$12 for 16 oz. regular jar  
\$14 Infused 16 oz. jar Current flavors ~ Blueberry, Honey and Elderberry  
Shipping available – the cost of sea moss PLUS you pay shipping cost***