

# Benefits & Consumption/Uses of Sea Moss

## 16 Benefits of Sea Moss

- Contains 92 minerals of the 102 total that the human body consists of
- COLLAGEN COLLAGEN 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.

I hope that you and your body received the benefits that this product is capable of giving you. If you have any question feel free to contact me via methods listed below:

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