

IRISH SEA MOSS



Mineral-Rich Sea Botanical Traditionally Used for Nourishment & Wellness Support

Botanical Name: Chondrus crispus
Common Names: Irish Sea Moss, Sea Moss
Plant Family: Gigartinaceae

Irish sea moss is a nutrient-rich marine botanical traditionally valued in coastal wellness traditions for its mineral content and nourishing qualities. Our Irish sea moss is carefully sourced for freshness, purity and quality.

TRADITIONALLY USED FOR

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Irish sea moss has traditionally been used to support:

- Mineral-rich nourishment
- General vitality and wellness
- Digestive wellness
- Skin-focused nourishment
- Herbal wellness routines
- Nutrient-dense food preparations

WAYS TO USE

Sea Moss Gel
Traditionally blended into nutrient-rich wellness gels.

Smoothies & Drinks
Add to smoothies, herbal beverages and wellness recipes.

Culinary Uses
Can be incorporated into soups, broths and nourishing meals.

HERBAL PAIRINGS & SYNERGIES

For Nourishment & Vitality

Pairs beautifully with:

- Moringa
- Burdock Root
- Nettle
- Oatstraw

For Wellness Support

Often blended with:

- Cinnamon
- Ginger
- Bladderwrack
- Goji Berries

Nutritional Highlights

Irish sea moss naturally contains minerals and plant compounds traditionally valued in nourishing wellness practices.

Suggested Use

Enjoy daily in smoothies, wellness gels or nourishing recipes.

Storage

Store in a cool, dry place away from moisture and direct sunlight.

Precautions

Do not ingest. Avoid applying to broken skin. Consult your healthcare practitioner before use if pregnant, breastfeeding or managing a medical condition.

Disclaimer

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure or prevent any disease.

Taste	Energetics	Best Time to Use	Pairs Well With
Mild, oceanic	Cooling	Daily wellness	Bladderwrack, burdock root, moringa, cinnamon

