

SEA MOSS

100% Natural dehydrated seamoss

www.maramatuku.com



WHAT IS IT?

Sea Moss is an edible sea plant algae also known as seaweed, originally used to thicken milk and ice cream.

Sea Moss is one of the best plant sources of **Omega 3 Fatty Acid** - essential for health. Omega 3 Fatty Acids aids in supporting your cell membranes throughout the body. Effects and supports receptors (receptors send messages throughout your body)..

BENEFITS

Supports **Cardiovascular** system by promoting a healthy heart and blood vessels.

Supports **Cholesterol Balance** by helping to regulate body tissue, brain and spinal cord. The purpose is to make sure your arteries are not clogged up in these areas.

Reduces the risks of **heart diseases** by aiding in keeping your heart healthy. Reduces the risk of damaging heart structure and blood clots. Improves healthy blood pressure levels. Supports the flow to organs and tissues.

Full of **antioxidants** which helps fight reactive chemicals in our body. These reactive chemicals break down organic compounds - we need organic compounds.

Fights **free radicals** and the damage they cause to our cells.

Large amounts of **potassium**. Potassium supports kidney function by removing waste and extra fluid from our bodies. Removes acid. Supports balance of water, salts and minerals in your blood. Supports heart function, muscle contraction and nerve to nerve communication.

Supports **healthy hormones**, which are the chemicals in our bodies that coordinate different functions. Messages can be carried more easily through your blood to your organs, skin, muscles and tissues.

Great source of **live bacteria (probiotics)** Micro-organisms introduced to the body for it's health benefits; healthy viruses, healthy bacteria and healthy fungi. Supports a **healthy gut** balance. Reduces **belly fat** and increases **metabolism**.

Supports **antibacterial compounds** which act as a disinfectant for the body.

Supports **sebum production**. Supports healthy skin by promoting healthy production of new skin. Supports the skin from not breaking down or drying out and cleaning and unclogging of the skin. Promotes **hair growth**.

Supports **brain function** creating an instant mood booster. Supports overall balance for the delivery of blood, oxygen and energy circulating around the body.

Supports **healthy sleeping**.

VITAMINS & MINERALS



- Omega 3 Fatty Acids
- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin D
- Calcium
- Magnesium
- Iron
- Cobalamin

How to prepare

What you need

- 700g clean glass mason jar
- Sea Moss
- 2 and a 1/2 cups of filtered water
- Pot with lid

Method

1. Heat filtered water in pot. Bring to boil.
2. Add one packet of the Sea Moss to the filtered water inside the pot.
3. Stir gently with the water is boiling for 45 seconds - Do not let the water overflow the pot.
4. Stir until the Sea Moss and water thicken for two minutes.
5. Take off the heat.
6. Place the lid on the pot and leave the Sea Moss to sit until it has thickens, shouldn't take longer than 5 minutes.
7. Transfer the prepared Sea Moss into your clean jar. Store in the fridge for up to two weeks.

Sea Moss should be consumed with water only.

Recommended dosage

2 teaspoons of Sea Moss with water 1-3 times per day.

Other uses

- Add to other foods like protein shakes
- Use as a conditioner for hair
- Use as a face mask
- Add to soups or stews as a healthy thickening agent
- Can be used as a substitute for eggs in recipes - great for Vegans