

YOUR ULTIMATE GUIDE TO LEARN EVERYTHING ABOUT SEA MOSS.



NATURES FARMER SEA[®]

Hi & Welcome!

Thank you for downloading our Sea Moss guide! We're glad to have you here! At Natures Farmer Sea, we believe that mother nature provides us with everything we need to nourish our bodies and minds to maintain a healthy life.

For us, that begins with Sea Moss, a beautiful gift from the sea that is packed with goodness. We will dive straight into all you need to know about Sea Moss within this guide. Let's Go!

What is Sea Moss?

Sea Moss is a small, spiny sea vegetable primarily used by humans as a supplement due to its wide range of health benefits. Although many people know it as Sea Moss, the scientific term for the Sea Moss we use at Natures Farmer Sea is *Eucheuma Cottonii* for our Gels and *Chondrus Crispus* for our Irish Sea Moss Capsules.

Found in most of the worlds tropical oceans, we bring our Sea Moss from the warmer water waters or The Caribbean and from the colder waters of Ireland. Sea Moss is an edible sea plant and can be likened to others that humans consume like seaweed, algae and other leafy vegetables such as kelp. Sea Moss is an algae but actually looks a lot more like seaweed.

Sea Moss comes in various colours including different shades of:

- Green
- Gold
- Purple
- Red



There are 3 main types of Sea Moss



They are:

- *Euचेuma Cottonii* - Found in warmer water
- *Gracilaria* - Found in warmer water
- *Chondrus Crispus* (Irish moss) - Found in cold water

All 3 species are closely related and have similar benefits; however, what we have found is the darker the sea moss the stronger the flavour.

Chondrus Crispus and the purple variations of *Gracilaria* are extremely strong in flavour, making it hard for most people to eat and create consistent health habits.

For our gels range, we have chosen to use *Euचेuma Cottonii* Gold as it creates delicious tasting Sea Moss every time, which helps make creating healthy habits easier.



Interesting Fact

There is a common misconception across the Sea Moss industry that all Sea Moss is called Irish Sea Moss. However, this is incorrect. The only Sea Moss classified as Irish Moss is *Chondrus Crispus*.

The reason for the term “Irish Moss” is because there was a potato famine in the 1800s in Ireland and the Irish used Sea Moss as a source of nutrients during this time. Irish Moss only grows in the colder waters of places like Ireland and Canada.

Why is Sea Moss good for you?

Sea Moss is widely known for its many health benefits as it is rich in Minerals and Vitamins that our bodies need to consistently remain healthy.

The Top 10 Minerals that Sea Moss contains include:

1. Iron
2. Zinc
3. Magnesium
4. Manganese
5. Calcium
6. Iodine
7. Sodium
8. Phosphorus
9. Selenium
10. Boron

Sea Moss also contains Vitamins like B Vitamins, A, C, D and E. Plus, an abundance of other trace minerals that together, work to maintain a healthy lifestyle.



The Minerals found in Sea Moss have been reported to help with:



Gut Health



Iron issues



Immunity recovery



Joint Inflammation



Mood



Energy increase



Respiratory Health



Skin conditions



Better Sleep



Brain fog



Anxiety relief



Period pain relief




Thyroid issues




Why our Customers LOVE Sea Moss so much!



 **Helen Adam**
1 review

★★★★★ 2 weeks ago **NEW**

The best tasting sea moss I have ever had! Have tried many but this one by far comes on top. I look forward to having it in the morning and at night. I can't believe that anything tasting this delicious is actually so good for you. I now have subscribed for a regular delivery- I absolutely love this stuff!!!

 **Abigail Hein**
1 review


★★★★★ a month ago

I love the original flavoured sea moss! I have been using it for around 3 months and have seen such a big difference in my energy level and my skin, it is amazing. I love how the original flavour doesn't taste like sea water at all and has a nice lime flavour, so easy to take. I'm truly happy I purchase from Natures Farmer Sea!

 **Katalin Thompson**
6 reviews

★★★★★ a month ago

I've honestly never loved a company as much as this one! The service is immaculate and easy to reach out. The sea moss is absolutely incredible, it has helped me with weight loss, reducing sickness, energy and overall I feel super bright after taking 2 teaspoons a day. Absolutely amazing company and highly highly recommend.

 **Zoe Simpson**
1 review

★★★★★ 3 months ago

If you haven't purchased from Natures Farmer Sea yet, you should!! I remember buying my first jar last year, and I haven't looked back since!

I have Ulcerative Colitis, and the difference I saw within the first week of using, was astonishing!! I saw quicker results with this, than my usual, lifelong medication!! I think anyone with any gut issues should definitely try this!

I can guarantee you will not be disappointed in this product!!

These guys are so easy to deal with too, every time I've had a question they've replied quickly and have been super helpful!

 **Hayley Kimpton**
3 reviews

★★★★★ 3 weeks ago **NEW**

I have gone through 4 jars of their "mood" sea moss and it tastes like yummy jelly! It has improved my hair/skin, my digestion and I don't get as bloated now! I can eat gluten again without feeling gross and uncomfortable. My mood and stress levels have improved as well which is great. I have gotten most of my friends onto it as I've noticed great results! They offer a subscription service with their products so I get a jar every month automatically which is super convenient so now it's routine to eat it out of the jar every morning!

How may Sea Moss aid Weight Management?



Many people begin incorporating Sea Moss into their daily diet as it may contain properties that can help aid in weight loss. Although it can't be labelled as a direct, standalone way of losing weight, Sea Moss contains multiple properties that aid in:

- Regulating appetite
- Influencing fat metabolism
- Modulating gut's good bacteria

Sea Moss helps regulate your appetite by increasing the feelings of fullness when eating. This is primarily because of the naturally occurring *Carrageenan* that Sea Moss contains, which is not to be confused with *Poligeenan*.

Although *Carrageenan* and *Poligeenan* are completely different, *Carrageenan* is a natural substance found in Seaweed whilst *Poligeenan* isn't found in nature at all. Prior to 1988, misinformation led people to name *Poligeenan* degraded *Carrageenan*, causing the confusion around *Carrageenan*.

Similarly, to how *Carrageenan* helps increase the feeling of fullness, it may also help reduce body fat. Previous studies suggest that it helps lower dietary fat absorption, reduces the creation of fat cells and increases the breakdown rate of stored fat.



READ "WHAT YOU'RE GETTING WRONG ABOUT CARRAGEENAN"

by Edith Marigold Camellia on Medium

How to consume it?

We recommend 2 tablespoons per day as we have found that to be the sweet spot for benefits. That means once in the morning and once in the evening. We like to consume ours on an empty stomach but you can do either.

Options to consume Sea Moss include:



Straight off the spoon
Our favourite way!



Blended in smoothies
Superfood smoothies and smoothie bowls



Raw Desserts
Puddings, ice blocks, cakes



Savouries
Salads, Deeps, cold dishes



Simple Recipes
For a busy lifestyle



Blend in Juices



ENERGY



GUT HEALTH



IMMUNITY



FOCUS

How to use it topically?

We recommend to place 2 tablespoons of Sea Moss in a separate bowl to avoid contaminating the Sea Moss gel inside the jar. Test Sea Moss in your skin for 5 minutes and if it feels good, leave it on for 20min. Wash it off after with warm water.

Options to use Sea Moss include:



Face Mask



Hair Mask



Sunburn



Skin Conditions

Eczema, Psoriasis, etc.



Cuts



Rashes



100%
Natural



No Dairy,
Gluten, GMO
or Synthetics



Sustainably
Ocean
Harvested



Plant
Based

Sea Moss Shelf Life

Our Sea Moss is 100% natural and free from:

- Preservatives
- Flavours
- Colours
- Fillers
- Stabiliser
- Sweeteners
- Any other added nasties

This is what makes our Sea Moss gels great for you! They are as close to Nature as intended and the main reason why so many clients are reporting a diversity of positive outcomes.

Due to it being so clean, our Sea Moss gels have a natural healthy shelf life; we recommend a best before of around 4 weeks on our jars, but keep in mind a “best before” is different to an “expiry date”.

Think of your Sea Moss gels as a fruit and veg! Super healthy and clean but it is not going to last 6 months unless it is frozen.

Here are some great ways to ensure a longer Shelf Life!

- Use a clean dry spoon every time
- No fingers inside the jars
- Freeze Sea Moss gel in ice cube trays when getting closer to the best before date (don't freeze in the glass jars). It will last for up to 3 months and can be mixed in smoothies.
- If you stick to the recommended daily dose of 2 tablespoons per day you will get through the jars in roughly:
 - 375ml - 1 week
 - 500ml - 10 - 14 days
 - 750ml - 3 weeks
 - 1 litre - 3 to 4 weeks



Our commitment to the Ocean

Here at Natures Farmer Sea, we are committed to making greener choices for our customers and the Planet. As we continue to learn and improve, we discover better ways to work alongside Nature by using sustainable packaging, trading sustainably sourced products that are natural, nourishing and of high quality.

Our Sea Moss is sustainably ocean grown and harvested from the pristine and tropical unpolluted waters of Saint Lucia in the Caribbean, and the cooler waters of the North Atlantic Ocean in Ireland.



Small Regular Cartons



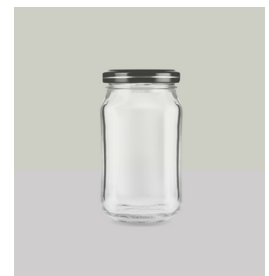
P10 Eco Friendly Bubblewrap



Bio Fill Bio Degradable Void Fill - melts in water



Compostable Mailer



Glass Jars

We proudly support the RRF Foundation

Natures Farmer Sea supports the RRF Foundation by adopting 10 corals every month! Let's save the GBR one coral at a time!



**THE FUTURE OF NUTRITION
IS FOUND IN THE OCEANS.**

Jacques-Yves Cousteau



This is it!

Now you know everything to start your journey with Sea Moss! As you can tell by now, we are passionate about everything Sea Moss and its powerful impacts on our health and wellbeing.

Please contact us directly if you have any further questions!

Contact Us

As a thank you for reading...

we are going to give you 15% off your first order. We are so excited to get you started on your amazing journey with our Natures Farmer Sea Moss!

Let's get some of the amazing benefits Sea Moss offers coming your way.

Jess & Benji



Shop Now!

Disclaimer

All content from Nature Farmer Sea is created and published for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice.

Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a specific medical condition. Never disregard the advice of a medical professional, or delay in seeking it because of something you have read on our website/ebook.

