



SEAMOSS BENEFITS

CHEAT SHEET



✓ **UP TO 92 ESSENTIAL VITAMINS & MINERALS**

Provides nearly all the minerals your body needs to function.

✓ **BOOSTS IMMUNITY** 🌿

Rich in antioxidants & supports a strong immune system.

✓ **SUPPORTS GUT HEALTH** ⭐

Acts as a natural prebiotic, aiding digestion & reducing bloating.

✓ **PROMOTES HEALTHY SKIN** ✨

Hydrates, reduces acne, and boosts collagen production.

✓ **IMPROVES HAIR & NAIL GROWTH** 🧑

Strengthens hair & nails with essential nutrients.

✓ **ENHANCES ENERGY LEVELS** ⚡

Fights fatigue & supports overall vitality.

✓ **AIDS IN WEIGHT MANAGEMENT** ⚖️

Supports metabolism & helps curb cravings.

✓ **BALANCES THYROID FUNCTION** 🦋

High in iodine for proper thyroid health.

✓ **SPEEDS UP MUSCLE & JOINT RECOVERY** 🏋️

Reduces inflammation & promotes healing.

✓ **DETOXIFIES THE BODY** 🍋

Helps remove toxins and mucus buildup.

A **20%**
DISCOUNT

(MOSSCODE20)

*For first-time buyers of
your Sea Moss, Cocoa,
or Detox products.*

HOW TO USE SEA MOSS DAILY:

✓ Smoothies & Juices

Blend 1–2 tbsp of Sea Moss gel into your favorite drinks.

✓ Soups & Meals

Stir into warm dishes for extra nutrients.

✓ Skin & Hair Care

Apply gel as a face mask or deep conditioner.

✓ Healing Detox Drink

Mix Sea Moss gel with warm water & lemon.



Share this with friends &
family and start your Sea Moss
journey today!

#SeaMoss #SeaMossBenefits
#CraigWholeLife

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