



Real vs Fake Sea Moss Know The Difference!

If you're new to sea moss or even if you've been using it for a while, you need to know this — not all sea moss is created equal. Today, I'm breaking down the difference between real, wildcrafted sea moss and the fake, pool-grown stuff."

What is Real Sea Moss?

"Real sea moss is wildcrafted — meaning it's harvested directly from the ocean, usually along the rocky coastlines of the Caribbean. It comes with natural color variations like gold, purple, and green. You'll notice it has a thin, stringy appearance and often still has some sand, salt, or even little sea particles attached — that's a good thing. It's the ocean's signature."

What is Fake Sea Moss?

"Fake or pool-grown sea moss is grown in tanks — not the ocean. It's usually thicker, rubbery, overly uniform in color and shape, and has no real ocean scent. Because it lacks the minerals of wild moss, it doesn't offer the same health benefits."

Why it Matters

"Using fake sea moss might give you the texture — but not the nutrients. Real sea moss contains 92 of the 102 minerals your body needs. That's what fuels the benefits — not just the gel. Always choose wildcrafted, sun-dried moss from a trusted source. If you can't trace where your moss is coming from, that's a red flag."

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Know The Difference!

"If you're looking for authentic, Caribbean sea moss, straight from the source, head over to [CraigsWholeLife.store](https://craigswholelife.store). I personally make sure it's wild-harvested, sun-dried, and 100% natural — the way nature intended."

Real

vs

Fake

