



## **Sea Moss Benefits**

**Sea Moss Is Also Known As:  
Irish Sea Moss, Irish Moss, Chondrus Crispus**

- **Improves Joint Health**
- **Blood Builder & Helps Aid In**
- **High In Iron, Copper, Folate, Chlorophyll, Vitamin A & C**
- **Supports Bone Health & Strengthens Connective Tissue**
- **Contains 92 Of 102 Minerals**
- **Helps Improve Skin Health (Carrageenan)**
- **Great Digestive Aid**
- **Aphrodisiac**
- **Reduces Effects Of Radiation**
- **Rids The Body Of Mucus**
- **Supports A Healthy Thyroid**
- **Helps Boost Male Fertility**
- **Boosts Metabolism**

**Comes in Vegetable & Gelatin Capsules, Dried and Cut, Powder, Raw, And Gel**

**3141 W. Roosevelt Rd. · Chicago, Illinois · 60612 · 773-762-1090**

 **[nlhealthchicago.com/seamoss](http://nlhealthchicago.com/seamoss)**