Manafest's Complete Guide to **Sea Moss**



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Welcome!

It’s so exciting that you are learning more about Sea Moss. It is a total game changer for everyone who takes it. To sum up this incredible plant, it is packed with minerals and nutrients that our bodies are typically deficient of due to diet. When our bodies’ minerals are restored with what we specifically need, the benefits vary from better mind health, stronger body health and even more energy. Let’s dive in!



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1. What is Sea Moss?

a. Sea Moss, also known as Chondrus Crispus and Irish Sea Moss is an incredible superfood that has become increasingly popular over the past few years, and for good reason. It is a highly vitamin and mineral dense sea plant, containing 92 of the 102 minerals that our bodies need. It most abundantly grows in the rocky coastlines of the Atlantic Ocean.

b. It is known as one of the most nutrient dense superfoods in the world, containing high levels of some of the body's most needed minerals that we are typically deficient of, including magnesium, iron, zinc, potassium, selenium, and 87 more. It is also high in vitamins, omega-3 fatty acids and is antiviral and antimicrobial, making it excellent for immune and digestion support.



c. Sea Moss has been used throughout recorded history by all of the cultures who had access to it. The Irish and Jamaicans specifically use it beyond medicinal purposes as well, which we will touch on later in this guide.

d. It has a wide variety of medicinal uses from fighting colds, increasing endurance, improving immunity and overall health. It is also known as a neuroregenerative, meaning that it helps your body to repair more quickly. Sea Moss continues to bring countless benefits to those who take it consistently.

e. There are many ways to use Sea Moss Gel. It can be added into foods, dressings, smoothies, desserts, used as a face or hair mask.. The list goes on. Recipes and DIYs can be found in this guide.

2. How to Use Sea Moss

a. Sea Moss Complete Capsules- This is the easiest, quickest way to consume Sea Moss and get the full 102 minerals. Consume with water or other morning drinks and you will be all set for the day.

b. Sea Moss gel or powder can be added to just about anything. They are most commonly used in smoothies, salad dressings, in soup broth (which doubles as a thickener), desserts, and even tea or coffee. We have some great smoothie recipes listed later in this guide for you to try out.

c. Face Mask
   - We will touch on this more in the Skin portion of the guide, but sea moss gel makes an excellent gentle face mask. It helps even out skin tone, blood circulation, skin tightening, and a healthy glow. Highly recommended and can even be used daily.

d. Hair Mask
   - When done occasionally, leaving gel at the roots of your hair for 10 minutes can assist with stimulating, strengthening and energizing your scalp while leaving the roots of your hair feeling amazing once rinsed out.





3. Who should take Sea Moss/ Serving Size

a. Sea Moss is gentle enough to be consumed by almost anyone. It is beneficial for all age groups, from infants to elderly. Sea Moss has been used by pregnant and breastfeeding women for many years, though always consult with your healthcare professional prior to taking any supplement.

b. The suggested serving size is 2-5 tablespoons daily. Because it has a high iodine content, it is not suggested to overdo this amount as that can result in an overactive thyroid.

c. Use sea moss with caution if you have an autoimmune disease or issue with the thyroid. If you are already taking an iodine supplement, it is not suggested to take sea moss with bladderwrack, however some people use this supplement instead due to its rich iodine content. Again, always consult with your healthcare professional prior and/ or feel free to reach out to us directly for more questions.

4. Who should take Sea Moss/ Serving Size

a. Sea Moss storage depends on consumption method.

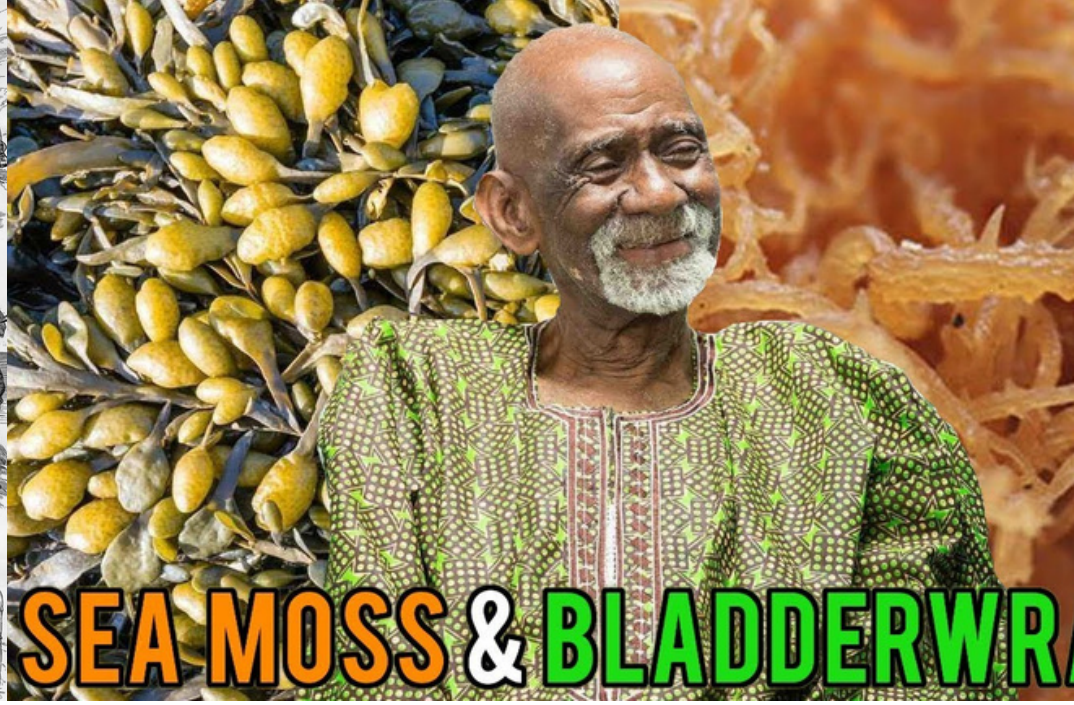
- Dried Sea Moss has a shelf life of 2 years when unopened and stored in a cool, dark place and airtight container.
- Sea Moss gel- refrigerate immediately upon receiving. It has a shelf life of 3-4 weeks.
- Sea Moss capsules have a shelf life of 2 years from purchase date.
- Sea Moss powder has a shelf life of 2 years if kept in an airtight container in a dark and dry area.

1. How to know if Sea Moss Gel is spoiling:

   a. Gel will be more watery and contents will begin to separate
   b. Slimy and watery consistency on top
   c. Sour Aroma
   d. Mold is present
   e. If mold or spoilage is suspected please reach out to our quality and customer service team at Support@Manafesthealth.com







5. History

a. Sea Moss has been used by many cultures surrounding the Atlantic Ocean since the beginning of recorded history. Archaeologists estimate that humans have been harvesting sea moss for over 14,000 years. It has been used as a food source on the British Isles since 400 BC.

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c. Made Popular by Dr. Sebi
   - Dr. Sebi was a world renowned holistic healer who highly regarded Sea Moss in his teachings and was a huge factor in popularizing this plant. He was diagnosed with many ailments that led to a thorough self education in herbalism, pathology and biochemistry. He was firm on the belief that the body has a powerful natural ability to heal itself when in an alkaline and stress free state. He is the founder of the Usha Research Institute and the Usha Healing Village. He created the “African Bio Mineral Balance” that claimed that when your body is in a state of alkalinity that it would lead to healthy homeostasis. This is accomplished through natural alkaline foods, with Sea Moss being one of his most recommended medicinal foods.
   - His claims for cures were challenged by the New York Supreme Court and he was found not guilty due to the overwhelming support of first hand witnesses.
   - Dr. Sebi encouraged the consumption of sea moss for detoxification, fasting, immunity boosting and daily nutrition.

d. Our dried Sea Moss comes from the waters of St. Lucia where they have been using it for years for a variety of uses including immunity, endurance, natural aphrodisiac, vegan collagen, skin and hair health, as a muciligenic and of course in foods ranging from puddings, smoothies, soups and more.

6. Nutritional Value

a. Sea Moss is one of the most vitamin and nutrient dense plants on the planet. It contains 92-99 of the 102 minerals that our bodies are composed of. When combined with Bladderwrack and Burdock root (like our Sea Moss Complete capsules), a full 102 minerals are present.



i. Major Minerals in Sea Moss include:

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

ii. Sea Moss consists of many vitamins as well. It is rich in vitamins A, B, C, D, E, K and more.
iii. Fats and fatty acids: Sea Moss carries a good amount of fatty acids like omega-3, omega-6. These are the good fats that help us maintain a healthy weight and release excess weight.

7. Farming Practices

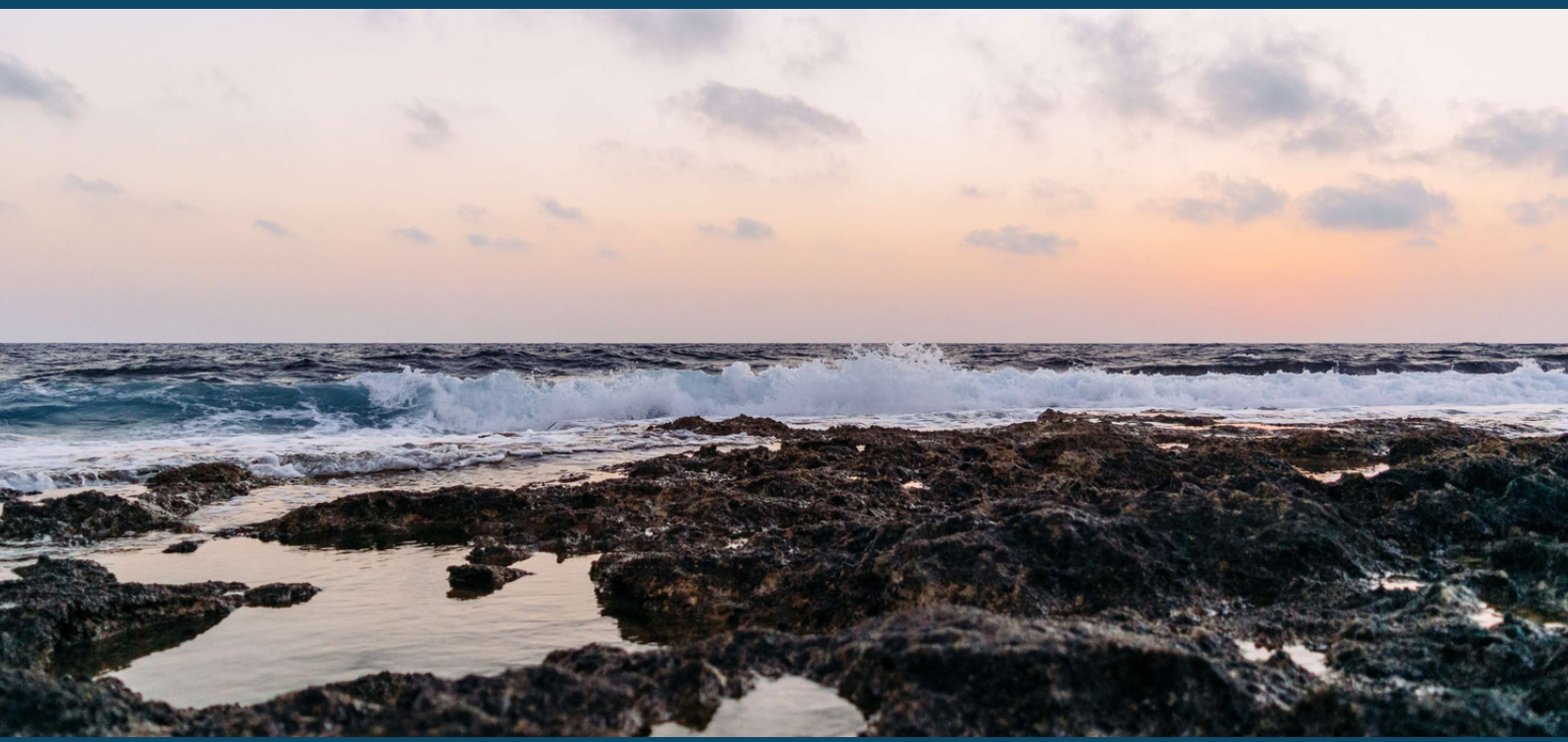
a. The quality of Sea Moss depends largely on how it is farmed. There are 3 ways it can be harvested: Wildcrafted, ocean farmed and pool farmed.

b. Wildcrafted:
   - Wildcrafted means that it grows naturally in the ocean amongst other plants, animals and rocks. Much of the nutrients and minerals are absorbed from the sea water and ocean current.
   - Chrondrus Crispus aka Irish Sea Moss grows naturally and most abundantly in the coastal areas of the Atlantic Ocean.

c. Ocean Farmed:
   - Ocean Farmed Sea Moss is organized in the ocean in an open space and uniform fashion. While many different types of Sea Moss are ocean farmed, Irish Moss is usually wildcrafted.

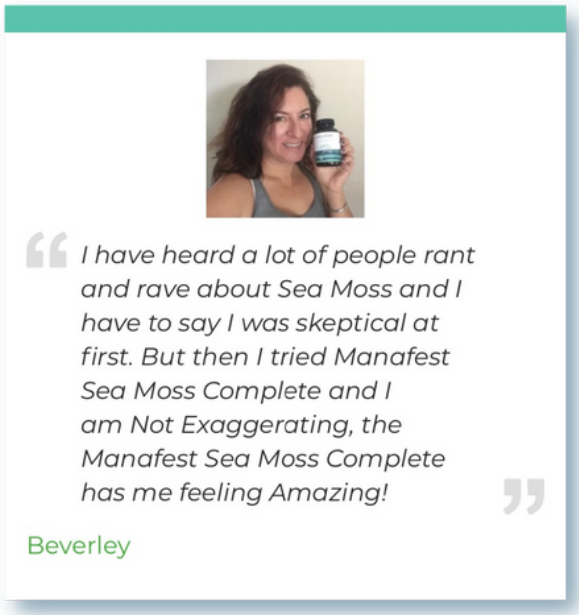
d. Pool Farmed:
   - Pool Farmed moss is grown in an ocean-like stimulated tank. It has minerals put into the water and an artificial current running through it.

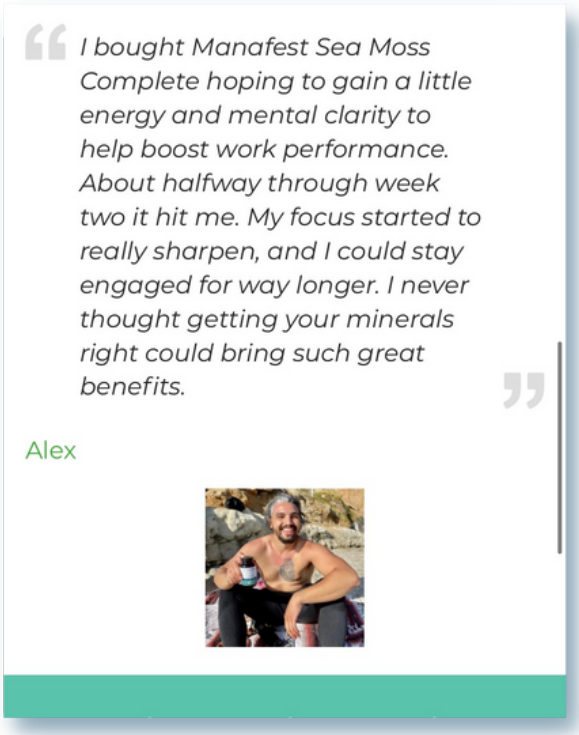
e. The distinction between wild and farmed does not necessarily matter much when it comes to mineral content and overall health. Most people prefer wildcrafted sea moss because it is as close to nature intended. However what is most important is the nutrients absorbed from the water it is grown in. Temperature and location affect the plant more as colder regions will have a higher total lipid and omega-3 fatty acids.



8. Benefits

a. Boosts Thyroid Health (Hormone regulation)
b. Long-lasting energy provided by slow-release carbohydrates
c. Supports muscle and joint recovery and strong bones
d. Amazing for hair, nails, skin & bones
e. Boost your metabolism
f. Great for gut health
g. Rich Source of Iodine
h. Neuroregenerative
i. Supports brain and heart health
j. Good source of fiber
k. Boost Immunity
l. Accelerates recovery
m. Promotes Strong Bones
n. Uplifted mood
o. Natural Aphrodisiac
p. Anticoagulant / Mucus reducer
q. Alkaline
r. Electric food
s. Appetite suppressant
t. Reduced joint pain
u. Antiviral
v. Reduces flu like symptoms
w. Increases lung function
x. May increase fertility
y. Anti inflammatory
z. Supports healthy digestion
aa. And more!!









9. Sea Moss Improves Mood

a. We have seen consistent results of Sea Moss raising people's morale time and time again. This is due to the high magnesium and potassium levels, which are mood boosting minerals that are prescribed for anxiety and depression. Sea vegetables have also been shown to be great for the endocrine system. Sea Moss in particular is incredible for thyroid function, which regulates hormones and furthermore dictates mood. A study in 2015 has shown that Sea Moss helps prevent Parkinson's disease by having neuroprotective properties. The benefits of this incredible plant seem to be endless. Study source: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4413210/

10. Sea Moss for Healthy Skin

a. Sea Moss is a powerhouse for the skin. It contains vitamins and minerals that help with healthy skin from the inside out and outside in. It can be taken internally or used as a face mask externally.

b. Helps with conditions such as as Psoriasis, Eczema, Dermatitis and Burns
   - Sea Moss is nutrient dense, highly hydrating and anti-inflammatory, making it soothing for aggravated skin conditions. Due to the high sulfur content, it is also antibacterial and antiviral, making it great for the skin's microbiome.



c. Sea Moss brightens and evens skin tone
   - Much of our skin tone and complexion depends on our diet. In a standard american diet, our bodies would be highly deficient in essential minerals. So when your skin is given the elements it needs from the inside, the outside is sure to show it. It helps with balancing oily and dry skin due to this as well. When applied as a facemask, it pulls out toxins and provides a UV protectant layer.

d. Reduces wrinkles and protects the skin
   - Sea Moss contains key elements that specifically help with hydrating the skin, reducing the appearance of wrinkles and encouraging renewed cell growth. These include calcium, sulfur, magnesium, potassium, vitamin A and vitamin K.

e. DIY Sea Moss Face Mask
   - Reference Gel instructions below

   1. Add a drop of your favorite skin friendly essential oil
   2. Add Honey for more moisture
   3. Add Aloe vera for added protection

11. How to Make Sea Moss Gel

a. Rinse 1 cup of dried sea moss
b. Add rinsed sea moss with 2+ cups of filtered water and some cut up limes to neutralize any
c. ocean taste. Let it soak for 12-24 hours in the fridge.
d. Remove water it soaked in and limes (can be saved to be
e. added in smoothies or used as a face toner)
   Add 1-2 cups of fresh filtered water and blend until desired consistency. Less water will make thicker gel. More will be more fluid.
   Enjoy!



12. Recipes (smoothie/ food/ external- bath, face mask)

a. Strawberry, Banana & Sea Moss Smoothie

- 2 tablespoons of Manafest Health Sea Moss Gel of your choice
- 1 cup of organic strawberries
- ½ cup of organic bananas
- 1 handful of fresh greens / 1 scoop greens powder
- 2 cups orange juice or milk

b. Chocolate Sea Moss Shake

- 2 tablespoons of Manafest Health's Original Gold Sea Moss Gel
- 1 serving of vanilla or chocolate protein powder
- 1 tablespoon of Cacao Powder
- 1 cup organic bananas
- 2 cups milk
- … add almond butter or coffee for more fun!

c. Salad Dressing

- 1 cup olive oil
- ¼ cup Mayonnaise
- 2 tablespoons Manafest Health Original Gold Sea Moss Gel
- 2 tablespoons Coconut Aminos
- 1 tablespoon Apple Cider Vinegar or Lemon juice
- Garlic (fresh or powder) to taste
- Salt and pepper to taste

d. Add to desserts, Soups and more! Get creative! :)



13. FAQ

Where is this made and shipped from?
A. Our Sea Moss is imported from St. Lucia or Eastern Canada. Capsules and powders are made in a GMP certified facility in the USA and our Sea Moss Gel and dried moss is made and packaged in a commercial kitchen in Carlsbad, California. Everything is Shipped from California.

What is Sea Moss?
A. Sea Moss aka Irish Sea Moss is a type of sea vegetable that is grown along the rocky shores of the Atlantic ocean. It contains 92 of the 102 minerals that our bodies are made of. It is a powerhouse superfood for healing and immune boosting. Many people experience a noticeable difference with Sea Moss within the first few days.

Where is our Sea Moss sourced?
A. Our capsules and dried moss are sourced from the coast of North Eastern Canada and our Gel is sourced from St. Lucia.

What are the benefits of Sea Moss?
A. Sea Moss has a wide range of medicinal uses and is best known for replenishing the body with energy, reducing mucus in the body, detoxification of heavy metals and radiation, thyroid health, mood uplifting, endurance, alkalinity, immune boosting, neuroregenerative, antiviral, strengthens libido, strong bones and many more.

How do you use Sea Moss?
A. The recommended amount is 2-5 tablespoons of gel or 2-5 capsules daily. It can be taken by the spoonful, added to drinks, smoothies, desserts, soups and salad dressings. Enjoy the skin benefits by applying directly as a face mask or adding into your favorite skin products.

Is Sea Moss Keto and Vegan friendly?
A. Original Irish Gold Sea Moss is keto and vegan friendly. Sea Moss is low carb and increases metabolism. Our other mixtures may contain honey which is not considered vegan but otherwise our products are completely herbal.

Can I take it if using a blood thinner or iodine supplement?
A. It is NOT recommended to use if on a blood thinner or iodine supplement as Sea Moss is muciliginous and has a high iodine content. Some people use it in place of those supplements. Always check with your healthcare professional first and feel free to reach out to our support team with any questions: support@manafesthealth.com

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Q. How long does shipping take?
A. You can expect your products within 7 days of the purchase date.

14. Disclaimer

a. These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not claiming to diagnose, cure, prevent or treat any disease. Manafest Health does not claim to heal any illness and is not responsible if it does not work for you or if you dislike the product.

b. Always consult with a healthcare professional and wellness advisor prior to taking any herbal supplements, as our individual bodies and needs are different and not everything will work for everyone.