

Organic Seamoss Gel Uses and Dosages:

For adults (13 years and older):

- Take 2 tablespoons in the morning and 2 tablespoons before bedtime with alkaline or distilled water.
- If mixing in a fruit/vegetable smoothie or juice use 3 tablespoons.

For Children:

- Ages 6 months to 2 years take up to 1 teaspoon in the morning and 1 teaspoon before bedtime with alkaline or distilled water.
- Ages 2 years to 12 years take 1 tablespoon in the morning and 1 table spoon before bedtime with alkaline or distilled water.
- If mixing in a fruit/vegetable smoothie or juice use 2 teaspoons.

Note: These dosages are based on those who are first-timers taking wildcrafted organic seamoss which is used to detox the body.

If you are familiar and have been taking or consuming seamoss take as needed. This natural sea algae is hard to overdose on. However, too much of anything can be detrimental to the body.

Seamoss is safe to take with other medications, herbs as it does not have any contraindications at this time.

Side Effects may include:

- Diarrhea (as seamoss helps to detoxify the body)
- Nausea & Vomiting (as the taste is not delightful but very clean and fresh)
- Lightheadedness
- Dizziness
- Weakness
- Cramping
- Abdominal pain and discomfort
- Headache

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