

# Náutica Sea Moss

SUPERFOOD SUPPLEMENT

STORE IN A COOL, DRY PLACE.

## TAKE IT

Tear open 1 oz gel pouch

## DOSE

Adults consume one packet daily with food or as directed by your healthcare professional.



## All-Natural Super-Foods Can't Get Easier!

Now you can add the power of one of the world's most popular superfoods to your diet in one easy step. Our Náutica Sea Moss supplement captures what the people of the Caribbean have known for years and puts it in the palm of your hand. Sea Moss contains 92 essential vitamins and minerals. It's the perfect low-calorie way to feed your body, especially for people looking to make some new weight-management decisions. We've blended Náutica with dragon fruit and coconut to make the perfect tropical mix for a delicious, nutritious supplement with the dietary fiber you need to help you feel full. It's a perfect addition to your drink or smoothie, but tasty enough to take on its own! \*

## Nutrition From The Sea, Made Better!

The secret to Náutica is our refined Sea Moss, cultivated under controlled conditions to avoid unhealthy impurities. While other Sea Moss supplements might contain harmful toxins like lead, ours is guaranteed to include only what you need, without anything you don't. That's what makes Náutica a true superfood!\*

## Ingredients:

### Sea Moss

Cultivated by our suppliers to ensure safety and purity, sea moss has been shown in laboratory studies to have a number of dietary benefits. Sea moss is rich in vitamins and minerals, especially calcium and magnesium. It contains helpful antioxidant and anti-inflammatory compounds, and even contains amino acids that help build and maintain healthy skin and stimulate the metabolism—perfect for people who are following a weight-management program!<sup>1</sup> Additionally, sea moss can act as a prebiotic, helping to make your gut more attractive to helpful bacteria.<sup>2</sup>

### Dragon Fruit Extract

Food scientists have confirmed that dragon fruit is loaded with helpful vitamins, and also exhibits properties of being antioxidant and anti-microbial. Studies show dragon fruit can play a role in a person's overall health and wellness.<sup>3</sup>

### Coconut Extract

Coconut extract is added to the formula for flavor and is also rich in fiber in other nutrients. People around the world incorporate it as part of a healthy diet.<sup>4</sup>

## Best Used With:

**All-natural Original Iaso® Tea** is an all-natural immune-boosting superfood that functions as a powerful antioxidant.\*

**NRG** dietary supplement for powering you through your day.\*

**Resolution Drops** dietary supplement to help you handle the pressure of your new lifestyle choices.\*

## Supplement Facts

Serving Size 1 Gel Packet (1 fl. oz./29.57ml)  
Servings Per Container 1

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	3g	1%*
Total Sugars	3g	**
Includes 3g Added Sugars		6%*
Sodium	50mg	2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value Not Established.

Ingredients: Irish Sea Moss, Water, Organic Coconut Sugar, Natural Flavor (Dragon Fruit), Organic Aloe Barbadensis (Aloe Vera) Leaf Juice Powder, Citric Acid, Potassium Sorbate, Sodium Benzoate.

**ALLERGENS:** Contains Tree Nuts (Coconut).

## References:

1. Science Direct <https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/chondrus-crispulus>
2. National Institutes of Health <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4535385/>
3. Journal of Food Biochemistry <https://pubmed.ncbi.nlm.nih.gov/32378233/>
4. Asian Pacific Journal of Tropical Medicine <https://pubmed.ncbi.nlm.nih.gov/21771462/>



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