

SUGGESTED USE: As a dietary supplement, take 1 capsule 1 to 2 times daily, preferably with meals. Take with at least 8 oz of liquid.

DISCLAIMER: If pregnant, nursing, or taking medications, consult your physician.



QUESTIONS? CONCERNS? SCAN THIS CODE WITH YOUR PHONE'S CAMERA TO CHAT WITH US ONLINE AND GET 20% COUPON FOR YOUR NEXT AMAZON EARTH BORN ELEMENTS ORDER!



IRISH SEA MOSS

DIETARY SUPPLEMENT | 200 CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 200

Amount Per Serving	% Daily Value
Chondrus crispus	500 mg**

**% Daily Value Not Established.

Other Ingredients: Gelatin Capsules