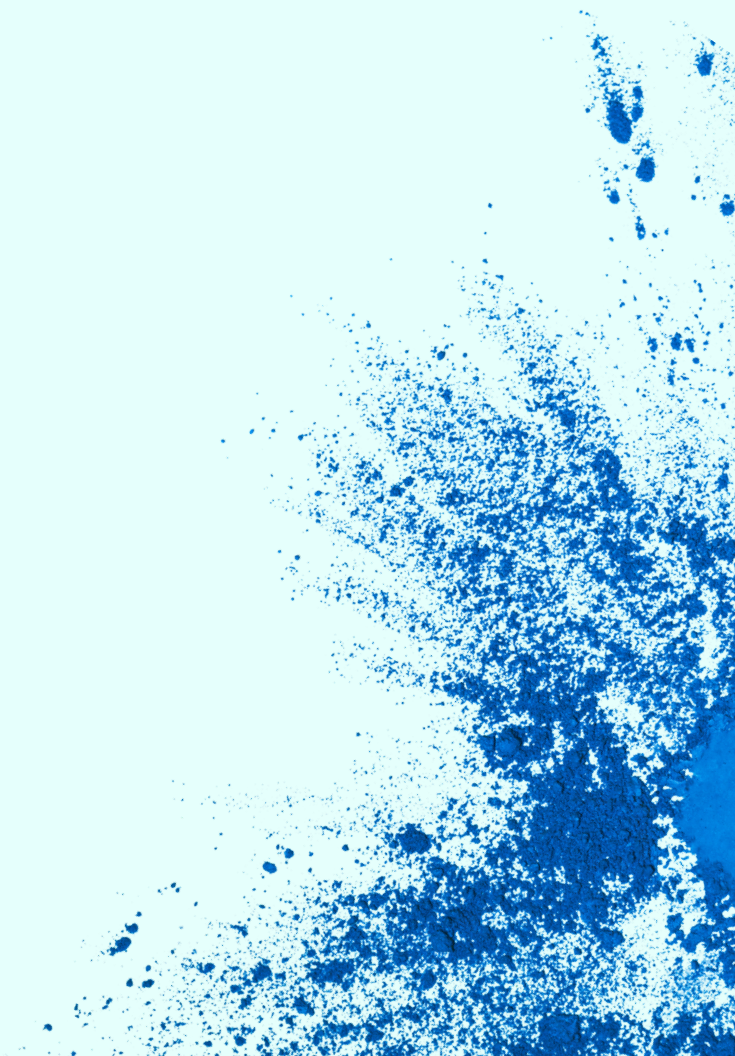




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# Sea Moss Gel Guide

Everything You Need to Know



## Sea Moss Gel Guide: Everything You Need to Know

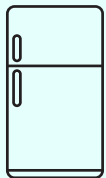
Thank you for purchasing Green Press Sea Moss Gel! We're so excited to support you on your wellness journey. To help you get the most out of your Sea Moss Gel, here are some important tips and guidelines we thought you will find useful.

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### Benefits



### Storage



Refrigerate immediately after you receive your package.



Avoid contaminating the jar with used utensils to preserve its quality (no double dipping spoon).

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## How to Use:

- Take 2 tablespoons per day on its own or mix it into your favourite smoothie, yogurt, or oatmeal recipes.
- Stir it into hot teas or soups.
- Use it as a natural thickener in sauces or desserts.

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If you have any questions or need more inspiration for using your Sea Moss Gel, don't hesitate to reach out—we're here to help! [Info@greenpress.ca](mailto:Info@greenpress.ca). [Visit our FAQ page to see if we have your answers there.](#)

Thank you for choosing Green Press, and we look forward to being part of your wellness journey.

Sincerely,

Team Green Press

