

RAW ORGANIC IRISH MOSS POWDER

Irish moss grows in cold, Irish waters, and is commonly used as a thickening addition to recipes because of its low caloric and sugar content. Organic Irish Moss is a rich source of Iodine, an essential mineral that supports normal thyroid health, an excellent source of iron and a good source of calcium. Organic Irish moss is known by many different names—pearl moss and carrageen—but its reputation as an overall health promoter is well-known.†



Visit www.bareorganics.com for great recipes and ideas.

Raw • Organic • Vegan • Non-GMO

BENEFITS:

Supports normal thyroid health.†

SUGGESTED USE:

Take one tablespoon (1 scoop) 1-3 times daily, or add to a favorite recipe.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

bareorganics
Superfoods to nourish your life.

RAW ORGANIC

IRISH
MOSS

- iodine
- iron
- calcium

NET WT 8 OZ (227g)
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Scoop (8g)
Servings Per Container: About 28

Amount Per Serving		%DV
Calories	25	
Total Fat	1g	1%
Saturated Fat	1g	5%
Total Carbohydrate	4g	1%
Total Sugars	1g	**
Includes 0g Added Sugars	0g	0%
Protein	1g	2%
Calcium	210mg	16%
Iron	12mg	67%
Iodine	3360mcg	2240%
Magnesium	75.6mg	18%
Sodium	462mg	20%
Potassium	210mg	4%
Irish Moss (<i>Chondrus crispus</i>)	8g	**

*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value (DV) not established.

Manufactured for: BareOrganics®
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Certified Organic by: A Bee Organic

Warning: If you are pregnant or lactating, consult a health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place away from sunlight and moisture. Do not use this product if tamper evident tab has been removed or is broken.

Note: Silica packet included to help maintain freshness. Do not consume.

This container is reusable,
100% recyclable, microwave
and top shelf dishwasher safe.



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