

Like Mutha Used To Make

# MUVA & MOSS™

Umi. Yeye. Iya. Mom. Mum. Mama. Mommy.  
Mother. Mutha. Muva

*(noun) the source or origin (verb) to birth; to nurture; to treat a person with great kindness & love and to try educate and protect them from harm*

## the muva

Asia (like the continent she called home in her 20s). Jamaican-American. Georgia Peach. Seattle Emerald. Aquarian Alien. Plant Based Creative. Wellness Warrior. Reiki Practitioner. Yogi. Champion of Community. Wife. Melaninated Muva.

## our moss

Organically occurring in the Atlantic Ocean in Colon, Panama, our moss is harvested and delivered by our family with care. After mindful cleansing and raw preparation, Muva Moss™ is created. A very rich potent gel containing 92 of the 102 minerals that the body needs for optimal vitality.

## knowledge is power

Sea moss is one of the best plant sources of omega-3 fatty acids, which are essential for health, and for the heart and cardiovascular system. Studies suggest that it improves cholesterol balance and reduce the risk of heart disease. It is a very rich supplement containing iodine, sulfur, potassium, phosphorus, calcium, sodium, magnesium, chlorine, bromine & protein. It's suggested that you consume at least 1-2 tablespoons a day in a smoothie or by itself.

### Additional Benefits:

- Antiviral, Antimicrobial, Antioxidant
- Prevents Cellular Damage
- Boosts Immune System
- Improves Thyroid Health
- Supports Nervous System
- Decreases Stress & Balances Mood
- Pulls Heavy Metals out of Body
- Improves Brain Function
- Soothes the Mucous Membrane & Decreases Congestion
- Acts as a Prebiotic & Improves Gut Health
- Prevents Colds and Flu

## handle with care

- We bring you the wonders of the sea without the taste! Muva Moss is fresh, thoroughly cleansed in locally sourced, natural spring water to ensure enjoyment. Whether you add it to beverages or food, Muva Moss is prepared for maximum versatility so that you can get creative on your wellness journey. Muva Moss is safe for humans of all ages and walks of life. Always seek the advice of your trusted doctor or other qualified health provider regarding a medical condition. Wellness is a journey! Wishing you happy health! ★☹



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