

# Sea Moss Buying Guide

BY DR. HELEN PS

## **HOW TO CHOOSE HIGH-QUALITY SEA MOSS**

- Wild-harvested from clean ocean waters (Caribbean, Ireland, Canada)
- Natural color variation (gold, purple, brown, green)
- No additives, preservatives, or fillers
- Third-party tested for contaminants (heavy metals)
- Proper packaging and freshness dates

## **FORMS OF SEA MOSS**

- Raw dried sea moss – best for homemade gel
- Sea moss powder – convenient for smoothies & cooking
- Sea moss gel – ready-to-use daily option

## **LOCAL HUNTSVILLE / MADISON STORES TO CHECK**

- Nature's Apothecary
- Pearly's Natural Food & Mercantile
- Sprouts Farmers Market (Madison)
- Whole Foods Market (Huntsville)
- Vitamin Shoppe
- Huntsville Herbology LLC
- Creative Healing
- ADK Wellness Herbal Apothecary

## **LOCAL MAKERS**

- CKB 360 Wellness (local sea moss gel producer)
- Queen Mae Seamos (Huntsville-based)

## TRUSTED ONLINE SOURCES

- [TrueSeaMoss.com](https://www.TrueSeaMoss.com)
- [StLucianSeaMossCompany.com](https://www.StLucianSeaMossCompany.com)
- [SeaMossGlobal.com](https://www.SeaMossGlobal.com)
- [ElderwiseOrganics.com](https://www.ElderwiseOrganics.com)
- [OceansBalance.com](https://www.OceansBalance.com)
- [AkashaSuperfoods.com](https://www.AkashaSuperfoods.com)



## TIPS

- Start with small amounts to assess tolerance
- Store gel refrigerated and use within 2-3 weeks
- Consult your healthcare provider if you have thyroid concerns