



HEALTHY
VIBEZ

Welcome Packet



**Thank you for allowing us
to take part in your
health journey!**

Share your experience with us on your Social Media
#HealthyVibez

TABLE OF CONTENTS

- 4** Our Story
- 5** Overview
- 6** Our Products
- 7** Benefits of Sea Moss
- 12** Great Ways to Use Sea Moss
- 14** How to Store Sea Moss
- 15** Topical Pain Relief





OUR STORY

Ricky DaCosta, a longtime health & nutrition enthusiast, has been consuming sea moss as an ingredient in foods and drinks since childhood. His Jamaican roots exposed him to many naturally grown products in his everyday fare.

At the onset of the COVID-19 pandemic, many of their friends and neighbors were impacted both directly, and indirectly. To help boost the immunities of their family members, friends, and neighbors, they started delivering sea moss gel—with face masks, and kids in town—on Saturdays and Sundays, in March 2020. Initially, the plan was for a small, part-time venture, but they realized there was a larger opportunity to provide this product, and to serve a wider community.

Brie's business acuity and Ricky's health-focused lifestyle then exploded into a business start-up; and with the help of their long-time friend Maurice Bailey, Healthy Vibe, LLC was born.

Ricky and Brie often discussed opening a business, in their neighborhood, making healthier food options—available on the outskirts of their community—more accessible in communities of color, like their own. They believe their Sea Moss Gel offers a holistic option toward a healthier lifestyle. Please be on the look out for more Healthy Vibe!

OVERVIEW

Sea moss is a red algae species found along the coastal regions of the Caribbean islands, Europe and Ireland. It is a source of potassium chloride—a nutrient which helps to dissolve catarrhs (inflammation and phlegm in the mucous membranes) and other compounds which act as natural antimicrobial/antiviral agents.

It is highly nutritious, containing many minerals and lubricant properties for the glands and joints. Seaweed is usually soaked and used like a gel. It does not have much taste, or color, which helps it to blend well with many dishes. Enjoy the goodness of this sea moss in the form of smoothies, desserts, gravies, soups and more!

Our sea moss is derived from the authentic seaweed, Gracilaria. This sea moss is dried, but still pliable and moist from sea salt.

The health benefits offered by Irish moss are explained below, and we provide all the information you need to begin incorporating this healthy vibe into your regular diet.

PLEASE NOTE: This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



OUR PRODUCT LINE UP

Golden Vibe Sea Moss Gel
(Original Flavor)



Purple Vibe Sea Moss Gel
(Elderberry Infused)



Guya Vibe Sea Moss Gel
(Sour Sop Infused)



Bande Vibe Sea Moss Gel
(Bois Bande Infused)



Island Vibe Sea Moss Gel
(Sorrel Infused)



Raw Organic Sea Moss

Delicately grown in the gentle waters of the Caribbean sea in Grenada.



BENEFITS OF SEA MOSS



KEEP YOUR BODY IN CHECK

Ancient Irish folk medicine used sea moss for treating people with medical conditions like tuberculosis and pneumonia. It is rich in antiviral properties that help in treating viral infections and other illnesses.

People who experience migratory pain in joints, bursae, tendons, muscle, or bone may find this medicinal product effective. Sea moss is a wonderful addition to the diet; use several times a week or even daily, to strengthen ligaments and joints and to counteract arthritis pain and the musculoskeletal effects of Lyme Disease.



BENEFITS OF SEA MOSS

1. Relieve Anemia

Sea moss can combat anemia by helping to prevent iron deficiency, increasing the health of red blood cells and improving hemoglobin count. This can help immunity levels and improve brain functioning.

2. Source of Energy

The iron content of Irish moss helps in quick transportation of oxygen to your body cells. It also aids in the absorption of nutrients and the digestion of proteins in foods. Seaweed can also help improve concentration and increase muscle strength, by offering instant energy to the body.

3. Thyroid Disorders

This sea moss has an abundant amount of DI-Iodothyronine which is broken down by T3. This makes sea moss a suitable choice to aid in treating thyroid conditions. The brown colored seaweed contains T3 and T4---iodine compounds---that are organically produced. It also contains iodine in the concentrated form which fuels the function of the thyroid gland.

4. Relieves Respiratory Problems

Irish moss helps relieve symptoms associated with flu and colds, which makes it a good choice for your winter soups. Being a potent source of potassium chloride, this sea moss dissolves the catarrhs (phlegm and inflammation of the mucous membrane) to prevent congestion. Its antiviral/antimicrobial properties help fight and resolve such upper respiratory conditions as flu, sore throat, coughs, chest congestion, bronchitis, tuberculosis, pneumonia and much more.

5. Boosts Mental Health

The high levels of potassium in sea moss help with mental performance and behavior, and can help relieve anxiety, depression, moodiness, and agitation.





BENEFITS OF SEA MOSS

6. Promotes Recovery

Irish moss can strengthen the connective tissue. It has several minerals and vitamins that help with recovery from illness, disease, injury, surgery, strenuous workouts, etc., more quickly, by replenishing and supporting the immune system and connective tissue.

Its nutrition rich profile can also help people suffering from hypertension and arteriosclerosis.

7. Improves Skin Health

The cosmetic industry considers the Irish moss a wonder ingredient. It can help in preventing skin inflammation and varicose veins. It is also known as a skin protector and softener, which works by nourishing the skin by maintaining its hydration level. The sea moss also repairs the skin from various issues like rashes, psoriasis, sun burns and eczema.

Using Irish moss as a beverage or as a topical application will provide an excellent hydration effect. This seaweed also protects the moisture inside the cellular walls to prevent skin from drying.





BENEFITS OF SEA MOSS

8. Aids In Quick Digestion

Irish moss is loaded with rich fiber that makes it a mild and useful laxative. It can also soothe the tissues that are inflamed in the intestinal walls to offer good relief for all kinds of disorders. The demulcent properties that the sea moss has, helps in soothing the digestive tract mucous membranes. It also eases vomiting, gastritis, indigestion, dyspepsia, heartburn and nausea.

9. Helps in Weight Loss

Regular consumption of Irish moss can help with maintaining a healthy weight. It is a low calorie food item, rich in nutrients which makes it a great choice for weight loss programs. Its ability to absorb moisture, increases its volume and fills the intestinal tract with its bulk material; thereby, offering a fuller feeling to prevent you from binge eating and snacking.

It also helps in eliminating waste by passing it along the gastrointestinal tract. The rich iodine content in it accelerates the thyroid function, energy and promotes weight loss.

10. Helps Prevents Radiation Poisoning

The iodine content found in Irish moss helps in curbing the side effects of the radiation therapy. It can be used in the diet of cancer patients to provide better relief. It also aids in the recovery from cancer and poisoning caused by radiation.

This seaweed can absorb the toxic substances from bowel and make sure the radiation poisoning is flushed out from your system. Respiratory conditions as flu, sore throat, coughs, chest congestion, bronchitis, tuberculosis, pneumonia and much more.

KEEP YOUR BODY IN CHECK



THE BENEFITS OF SEA MOSS SUMMARY

- ✓ Relieve Anemia
- ✓ Source of Energy
- ✓ Thyroid Disorders
- ✓ Relieves Respiratory Problems
- ✓ Boosts Mental Health
- ✓ Promotes Recovery
- ✓ Improves Skin Health
- ✓ Aids In Quick Digestion
- ✓ Helps in Weight Loss
- ✓ Helps Deter Radiation Poisoning



GREAT WAYS TO USE SEA MOSS

Consume as a supplement right out of the jar.

✓ **Golden Vibe Gel gives a creamy, light texture to raw food desserts:**

You may imitate fluffy cheese cake fillings or without use of eggs, heavy cream, or yogurt. Raw Food cakes lighten up, because you cut back on cashew cream, coconut oil or any other oily rich ingredient.

✓ **Golden Vibe Gel can be used to firm up raw desserts:**

Firming up a raw dessert can be achieved by adding coconut oil, cacao butter or nut-cream and stored in the refrigerator or freezer; however, if you want to stay on the calorie-low side, add Golden Vibe. The gelatin property in the Moss firms up faster and keeps the cream in shape, even when you remove it from the fridge.

✓ **Golden Vibe Gel replaces some of the fat in dressings and sauces**

✓ **Makes smoothies extra thick and creamy**

Who does not like a yummy creamy smoothie or nut milk?

For the recipe: Add 1-3 TBSP of sea moss gel per 1 cup of liquid to your nut milk or smoothie. If you prepare a chocolate-based smoothie you might need to adjust the sweetener.

KEEP YOUR BODY IN CHECK
HEALTHY VIBEZ

A RECIPE YOU CAN ENJOY WHILE ADDING YOUR SEA MOSS GEL

2 or 3 tablespoons
Sea Moss Gel

8 to 10 ounces
milk (almond or oat)

1 Banana

Tablespoon of
organic rolled oats

1 cup of ice

1 or 2 tablespoons
of honey

1 teaspoon of
vanilla extract

**BLEND FOR ONE MINUTE
UNTIL CREAMY. ENJOY!**

HOW TO STORE SEA MOSS



REFRIGERATED - 3 TO 4 WEEKS

Sea Moss Gel will keep in the refrigerator for 3-4 weeks. You must use a clean glass jar, with a lid and always use a clean spoon.

FREEZER - UP TO 6 MONTHS

Sea Moss Gel can be frozen and stored in the freezer, in a glass mason jar or BPA plastic to preserve the minerals. It can be stored in the freezer for up to 6 months.



TOPICAL PAIN RELIEF

Healthy Vibez's formula begins to act immediately after application and provides temporary pain relief as it cools and soothes the skin after application. It is recommended for use on sore, aching and/or stiff joints and muscles. It helps improve muscle and joint flexibility as it blocks pain and minimizes inflammation.

Use Healthy Vibez's formula to minimize soreness after an intense workout session, to relief pain associated with excessive exertion, or to simply get relief of long-standing joint and muscle pain.



Chewables

SUPERIOR NUTRITIONAL BOOST

Give your body a daily supplementation of essential minerals and vitamins packed in a delicious treat that even your kids will love. Healthy Vibez gummies are made with flavors from organic fruit, sea moss, & coconut sugar, providing endless health goodness for your body. Our gummies are great for supporting thyroid & joint health, strengthens immunity, improves skin & hair, & acts as an appetite suppressant.



100% vegan, organic sea moss gummies. NO GELATIN!



100% ORGANIC SEA MOSS



COCONUT SUGAR



FLAVOR FROM ORGANIC FRUITS



Ingredients:

Per 4 Gummies

Sea Moss	0.54 oz
Flavors from Fruit/Herb	0.05 oz
Coconut Sugar	0.04 oz

Suggested Daily Use:

Adults:	4 per day
Children ages 2-12:	2 per day

15 adult servings per container
Serving Size 16 floz (473ml)

Nutrition Facts

Per adult serving

Calories	10
Total Carbohydrate	4g

Vitamins & Minerals

Omega-3, Omega-6, Vitamin A, Vitamin C, Calcium, Vitamin E, Folate, Vitamin K, Vitamin B, Iron, Zinc, Vitamin B, Potassium, Sodium, Water

FREE of gelatin, soy, synthetic colors, artificial flavors and preservatives, yeast, wheat, milk, eggs, gluten, peanuts, tree nut allergens, fish, shellfish, and salicylates.

POWER DRINK

100% ORGANIC SEA MOSS

Supercharge your system with this nutrient dense HealthyVibez Power drink! Give your body what it needs based on the best stuff on earth.

Filled with polyphenols, omega three fatty acids, all natural ingredients. A healthy, antioxidant drink mix containing no added sugar, no sucralose and no artificial flavors, colors or preservatives and Non-GMO. Healthy Vibez power drink delivers pure micronutrients, multivitamins and antioxidants to give you an immediate boost any time of day!



**BEING
HEALTHY
IS A VIBE**

KEEP YOUR BODY IN CHECK



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