



### SEA VEGETABLES, CERTIFIED ORGANIC



The ocean is the richest source of life-sustaining minerals. It, therefore, is not surprising that sea vegetables are considered to be the most nourishing source of essential vitamins and minerals for our health. Sea Vegetables such as Kelp, Bladderwrack, and Irish Moss contain significant amounts of vitamin A, B, E, D, K, and C, carotenes and iodine. They contain minerals such as calcium, magnesium, potassium, phosphorus, silica, iron and zinc.

Sea plants are said to help increase blood circulation to the skin, promote lymphatic draining, re-mineralize the skin, restore elasticity to the skin, and leave the skin feeling smoother and more supple.

Praan Naturals's organic sea vegetables and algae oil can be used in facial packs, hair wraps, soaps and salt scrubs. Combine sea vegetables with other herbs, essential oils, Dead Sea or Moor mud and sea salts for a detoxifying body wrap.

Bladderwrack Powder  
Kelp Powder, Norwegian

**Additional sea products are often available upon request.**

**For more information, visit [www.PRAANnaturals.com](http://www.PRAANnaturals.com)  
or call our Customer Care department at (800) 340-0080 or (203) 702-2500.**