

## Frequently Asked Questions

### What is Irish Sea Moss & SMB?

Irish Sea Moss is 92 of the 102 Minerals our body requires on a daily basis.

SMB is 102 of the 102 Minerals our body requires on a daily basis. It is blended with additional organic, RAW and natural Minerals, Vitamins and Nutrients our body requires to build, rebuild and restore life abundance in balance. They include but are not limited to:

### THE 102 MINERALS THAT MAKE UP THE HUMAN BODY

1. Actinium	24. Copper	47. Krypton	70. Promethium	93. Tin
2. Aluminium	25. Curium	48. Lanthanum	71. Protactinium	94. Titanium
3. Americium	26. Dubnium	49. Lead	72. Radium	95. Tungsten
4. Antimony	27. Dysprosium	50. Lithium	73. Radon	96. Uranium
5. Argon	28. Einsteinium	51. Lutetium	74. Rhenium	97. Vanadium
6. Arsenic	29. Erbium	52. Magnesium	75. Rhodium	98. Xenon
7. Astatine	30. Europium	53. Manganese	76. Rubidium	99. Ytterbium
8. Barium	31. Fermium	54. Mercury	77. Ruthenium	100. Yttrium
9. Berkelium	32. Fluorine	55. Molybdenum	78. Samarium	101. Zinc
10. Beryllium	33. Francium	56. Neodymium	79. Scandium	102. Zirconium
11. Bismuth	34. Gadolinium	57. Neon	80. Selenium	
12. Bohrium	35. Gallium	58. Neptunium	81. Silicon	
13. Boron	36. Germanium	59. Nickel	82. Silver	
14. Bromine	37. Gold	60. Niobium	83. Sodium	
15. Cadmium	38. Hafnium	61. Nitrogen	84. Strontium	
16. Caesium	39. Hassium	62. Osmium	85. Sulphur	
17. Calcium	40. Helium	63. Palladium	86. Tantalum	
18. Californium	41. Holmium	64. Phosphorous	87. Technetium	
19. Carbon	42. Hydrogen	65. Platinum	88. Tellurium	
20. Cerium	43. Indium	66. Plutonium	89. Terbium	
21. Chlorine	44. Iodine	67. Polonium	90. Thallium	
22. Chromium	45. Iridium	68. Potassium	91. Thorium	
23. Cobalt	46. Iron	69. Praseodymium	92. Thulium	



# 90 Essential Nutrients

## 60 Essential Minerals

- Calcium
- Chloride
- Arsenic
- Carbon
- Zinc
- Erbium
- Gold
- Lithium
- Niobium
- Rubidium
- Strontium
- Titanium
- Magnesium
- Sulfur
- Barium
- Iodine
- Cerium
- Europium
- Hafnium
- Lutetium
- Nitrogen
- Samarium
- Tantalum
- Vanadium
- Phosphorus
- Cobalt
- Beryllium
- Iron
- Cesium
- Gadolinium
- Holmium
- Molybdenum
- Oxygen
- Scandium
- Terbium
- Ytterbium
- Potassium
- Copper
- Boron
- Manganese
- Chromium
- Gallium
- Hydrogen
- Neodymium
- Praseodymium
- Silica
- Thulium
- Yttrium
- Sodium
- Aluminum
- Bromine
- Selenium
- Dysprosium
- Germanium
- Lanthanum
- Nickel
- Rhenium
- Silver
- Tin
- Zirconium

## 16 Essential Vitamins

- Vitamin A
- Vitamin B3 (Niacin)
- Vitamin B12 (Cobalamin)
- Vitamin E
- Choline
- Inositol
- Vitamin B1 (Thiamine)
- Vitamin B5 (Pantothenic Acid)
- Vitamin C
- Vitamin K
- Flavonoids and Bioflavonoids
- Vitamin B2 (Riboflavin)
- Vitamin B6 (Pyridoxine)
- Vitamin D
- Biotin
- Folic Acid

## 12 Essential Amino Acids

- Valine
- Leucine
- Phenylalanine
- Arginine
- Lysine
- Isoleucine
- Methionine
- Taurine
- Threonine
- Tryptophan
- Histidine
- Tyrosine

## 3 Essential Fatty Acids

- Omega 3 (EPA, DHA, ALA)
- Omega 6
- Omega 9

## **How long will it take for me to see results?**

Each vessel is different and its needs may vary. With the SMB, in its concentrated and rare form, it will take 24-48 hours to experience your first sign of release and removal of mucus from your body. This is an indication that inflammation within your joints, intestines, organs, and veins are dissolving and that other areas of dis-ease in your body are waking up to leave your body. Expect a release from EVERY hole in your body!

## **What is it good for?**

Minerals promote health and help carry out various body functions. The human vessel requires large amounts of minerals, vitamins and nutrients to sustain a healthy lifestyle just for proper functioning. For example, each vessel is different. As you go through the detox phase, the SMB is filtering through to restore the organs, Nervous system, Cardiovascular system, Skeletal System, Respiratory System, Endocrine System, Urinary System, Digestive System, Reproductive System, Integumentary System, Lymphatic System, Muscular System, Circulatory System, along with Physiological and Psychological systems of the vessel.

## **Will it stop my pain?**

Yes, as the RAW minerals enter your vessel, along with the additional vitamins and nutrients working their way through to correct the dis-ease in your body, it is also removing the MUCUS from your vessel. This is where you will experience pain relief within your first 7 days of use taken with at least 6-8 eight ounce glasses of water each day.

## **How do you use it?**

SMB can be taken directly by the table spoonful or you can mix it in your favorite Non-Dairy or Non-Alcoholic beverage, a smoothie, tea, coffee, water, soups, pastries, and so much more. SMB will definitely enhance the flavor of almost any dish.

Why do we say Organic?

Think about the Root of the word...Organ. What better way to help, heal and harness your vessel than by making sure your organs are receiving an Organic experience?>

## **Quotes:**

“If you think good health is expensive and time consuming, try illness.” ~**Lee Swanson**