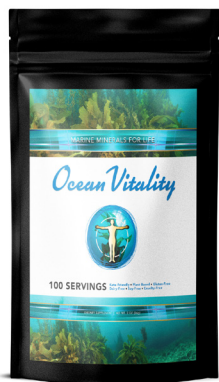


# Ocean Vitality

marine minerals for life

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Nori (*Porphyra umbilicalis*), Organic Kelp (*Laminaria hyperborea*), Organic Kelp (*Ascophyllum nodosum*), Organic Kelp (*Laminaria digitata*), Organic Dulse (*Palmaria palmata*), Organic Irish Sea Moss (*Chondrus crispus*)

## suggested use

- Add 1 scoop to 16 ounces of water. Can be added to other supplements, food, smoothies, juices, facial masks, and baths.\*

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Ocean Vitality is a powerful blend of four nutrient-rich sea vegetables: nori, kelp, dulse, and Irish sea moss. This unique combination offers a wide array of essential vitamins and minerals that support overall health and well-being.\*

Nori, commonly known for its use in sushi, is packed with vitamins, along with iodine, which is crucial for thyroid health. Kelp, another key ingredient, is a natural source of iodine as well, but it also provides calcium, magnesium, and potassium, making it a valuable addition to a diet that supports bone health and metabolic function.\*

The inclusion of organic dulse in Ocean Vitality adds a rich source of potassium, iron, and B vitamins, all of which contribute to maintaining healthy blood pressure, energy levels, and nervous system function. Dulse is also high in antioxidants, which help protect the body from oxidative stress and inflammation.\*

Organic Irish Sea Moss, the final component of this blend, is renowned for its high mineral content, including iodine, calcium, and magnesium, as well as properties that support digestive health by soothing the digestive tract.\*

Together, these sea vegetables create a synergistic blend that nourishes the body with a broad spectrum of nutrients while also supporting detoxification and immune function. Ocean Vitality is excellent for those looking to enhance their diet with natural, plant-based sources of essential nutrients, particularly those that are often lacking in modern diets. Whether added to smoothies, foods, or taken as a supplement, Ocean Vitality provides a convenient and potent way to harness the health benefits of the ocean's bounty.\*

## Ocean Vitality Bath

- 2 tablespoons Ocean Vitality
  - ½ cup of Epsom salts
  - 10 drops of your favorite essential oil (optional)
1. Combine Ocean Vitality and epsom salts in a small bowl and mix well. If using essential oil(s), add to the dry mixture and stir thoroughly.\*
  2. Fill tub with warm water and add mixed ingredients.\*
  3. Immerse yourself in the bath and soak for 20 to 30 minutes.\*
  4. After soaking, rinse your body with clean water. Pat skin dry and apply your favorite moisturizer to lock in the hydration.\*

## Ocean Vitality Facial Mask

- 2 tablespoons Ocean Vitality
- 1 tablespoon honey (for hydration)
- 1 tablespoon yogurt (for lactic acid benefits)
- 1 teaspoon lemon juice (optional, for brightening)
- Water or green tea (as needed for consistency)

1. In a small bowl, combine the Ocean Vitality with honey and yogurt. If you're using lemon juice, add it to the mixture.\*
2. Gradually add water or green tea to the mixture. Stir well until you reach a smooth paste that is spreadable but not too runny.\*
3. Before applying the mask, make sure to cleanse your face thoroughly to remove any makeup or impurities.\*
4. Using clean fingers or a brush, apply the mask evenly over your face, avoiding the area around your eyes.\*
5. Leave the mask on for 15 to 20 minutes. You may feel a slight tingling sensation, which is normal.\*
6. Once the time is up, rinse off the mask with lukewarm water. Follow up with your favorite moisturizer.\*

### Tips:

- Always do a patch test before applying the mask to your entire face to check for any allergic reactions.\*
- Use this mask once a week for best results.\*
- Store any leftover mask in the refrigerator and use it within a few days.\*
- Enjoy the refreshing, nourishing benefits of this mask!\*

## Ocean Vitality Smoothie

- 1 tablespoon Ocean Vitality
- 1 banana
- 1 cup spinach or kale
- 1 cup milk of your choice
- 1 tablespoon preferred nut butter (almond, peanut, etc.)
- 1 teaspoon honey or maple syrup (optional)

1. Combine all ingredients in a blender.\*
2. Blend until smooth.\*
3. Adjust sweetness if desired and serve immediately.\*

## Salad Dressing

- 1 tablespoon Ocean Vitality
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper

1. Whisk together all ingredients in a bowl until well blended.\*
2. Adjust seasoning to personal taste and drizzle over your favorite salads. Can be stored refrigerated for 1 to 2 days.\*

## Quinoa Power Bowl

- 1 tablespoon Ocean Vitality
- 1 cup cooked quinoa
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ cup chickpeas (canned/drained or cooked)
- Dressing of your choice (e.g., olive oil, lemon juice, or the salad dressing above)

1. In a large bowl, gently mix the cooked quinoa, vegetables, and chickpeas.\*
2. Sprinkle Ocean Vitality over the top and drizzle with your chosen dressing.\*
3. Toss to combine and serve chilled or at room temperature.\*

## Energy Balls

- 1 cup oats
- 1 tablespoon Ocean Vitality
- ½ cup nut butter (peanut, almond, etc.)
- ¼ cup honey or maple syrup
- ¼ cup chocolate chips or dried fruits (optional)
- 1 teaspoon vanilla extract

1. In a mixing bowl, combine all ingredients until well mixed.\*
2. Roll the mixture into small balls, about 1 inch in diameter.\*
3. Place balls in a single layer on a baking sheet and refrigerate for at least 30 minutes to set.\*
4. Store in an airtight container in the fridge.\*