

What's the Difference?

Chondrus crispus (Purple Irish Sea Moss)

- At Gulf of Maine, Inc., we sell the variety native to the cold American waters of the North Atlantic
 - Irish Moss also grows in Ireland, UK, Spain, France, Portugal, Canada
- Name comes from Ireland – people ate it during potato famine!
- “Purple” but variation includes pinks, greens, maroons, yellows
- Considered higher nutrient content because of darker color
- Gulf of Maine, Inc. Irish Moss is wild-crafted (grows in the ocean and Tim/our fishermen harvest by hand)
- At Gulf of Maine, Inc., our team personally uses the same Irish Moss we sell every day!
 - We use it in smoothies, stews, baking, hair and skin care 😊



Gracilaria (Golden Sea Moss)

- We do not sell Gracilaria at Gulf of Maine, Inc.
- Native to warm waters of the Caribbean
- Can be gold or red in color
- Stringy texture, looks like spaghetti
- Often “farmed” i.e. grown in pools or cut off sections of the sea
- Incorrectly called Irish Moss



Both

- Incredibly nutritious and iodine rich! Be cautious of over consumption for thyroid health
 - Kale was a “trend” food a few years back... excess consumption led to kidney stones
- Dr. Sebi spoke to the power of each
- According to his son Victor Bowman, who visited our facilities, Dr. Sebi preferred Chondrus crispus
- Compare to eating iceberg lettuce and spinach – both are healthy and included in rounded diet
 - multi-color plate, varied palate = healthiest diet according to nutritionists
- Lots of low quality and imitation products out in the market
 - Dyed red or grown in polluted waters – be sure you are buying from trusted sources!

