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African Potato (Hypoxis hemerocallidea)

Safety & Contraindications Guide



| Blood Type | Sensitivity or Reaction to African Potato |
|---------------|--|
| Type A | May overstimulate the immune system, especially in autoimmune cases. Use cautiously. |
| Туре В | Possible lectin sensitivity; monitor for digestive upset or immune overactivation. |
| Type AB | Moderate tolerance; avoid high doses due to sensitivity. |
| Type O | Generally tolerates well but use cautiously if inflammation or autoimmunity present. |



2. Children-Specific Contraindications

Age Group Guidance

Infants (0–12 months) Do not use internally or externally unless prescribed by a pediatric

herbalist.

Toddlers (1–3 years) Not recommended. Immature organs may not tolerate it.

Children (4–12 years) Use only under professional supervision; avoid if autoimmune or

allergic.

Teenagers (13-18

years)

Supervised use possible; avoid if on hormonal or mental health

medications.

Do NOT use if you are:

- Pregnant or breastfeeding (unless advised by a healthcare provider)
- Undergoing surgery soon (may affect bleeding)
- Taking prescription meds without professional advice
- Diagnosed with liver, kidney, autoimmune, or hormone-sensitive conditions
- Allergic to African Potato or related plants

💊 4. Drug-Herb Interactions

Drug Class Interaction Notes

Anticoagulants Increased bleeding risk

Immunosuppressant Reduced effectiveness

S

Antihypertensives May alter blood pressure control

Diabetes Risk of hypoglycemia medications

Antiretrovirals Possible metabolic interactions

5. Medical Conditions to Avoid

- Autoimmune diseases (e.g., lupus, rheumatoid arthritis)
- Hormone-sensitive cancers
- Liver or kidney disease
- High blood pressure (use cautiously)
- Upcoming surgery (stop use 2 weeks prior)

♠ 6. Side Effects & Toxicity

Possible reactions include:

- Digestive upset (nausea, diarrhea)
- Allergic skin rash

- Headache
- Liver strain with prolonged use
- Immune overstimulation or hormonal imbalances

1 7. Dosage and Storage

- Use short-term only unless directed
- Do not exceed recommended dose
- Store in a cool, dry place away from children
- Discontinue use if side effects occur

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional before use, especially if pregnant, nursing, taking medication, or under medical supervision. Not suitable for children unless explicitly stated. Use at your own risk.

Important: This product has not been evaluated or tested by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

Website: www.seamossafrica.co.za

Phone: 0100067261

Email: info@seamossafrica.co.za

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Apricot Kernels (100g) (Prunus armeniaca) Safety & Contraindications Guide

1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Use cautiously – potential for digestive sensitivity |
| Type B | Generally tolerable; use in moderation |
| Type AB | Use cautiously – monitor for mild allergic responses |
| Type O | May be well-tolerated, but monitor for toxicity symptoms if overused |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Strictly not recommended – high toxicity risk |
| Toddlers (1–3y) | Avoid completely – risk of cyanide poisoning |
| Children (4-12y) | Not suitable – even small doses can be dangerous |
| Teenagers (13–18y) | Only under strict professional supervision; avoid recreational use |

3. General Contraindications

Do NOT use Apricot Kernels if you are:

- Pregnant or breastfeeding (high risk of fetal toxicity and cyanide exposure)
- Suffering from liver or kidney disease (impaired detoxification increases toxicity risk)
- Underweight, malnourished, or with compromised immunity
- Using the product for unverified "cancer treatments" without medical supervision
- Unable to metabolize cyanide effectively (e.g. genetic enzyme deficiencies)

🂊 4. Drug-Herb Interactions

Interaction Notes Drug Class

Anticoagulants (e.g. warfarin) Potential additive blood-thinning effect

Sedatives May cause excessive drowsiness when combined

Immunosuppressants May interfere with therapy effectiveness

Chemotherapy drugs Avoid unsupervised use – possible interference with

treatment



🤵 5. Medical Conditions to Avoid

Avoid or use with caution if you have:

- Liver disease
- Kidney dysfunction
- Any metabolic disorder affecting detoxification pathways
- Low blood pressure
- History of cyanide sensitivity or poisoning

Apricot kernels contain **amygdalin**, which can convert to **cyanide** in the body. Toxicity is dose-dependent.

1 6. Side Effects & Toxicity

Possible side effects include:

- Nausea, vomiting, or abdominal cramps
- Headache, dizziness, or confusion
- Difficulty breathing
- Low blood pressure
- Cyanide poisoning symptoms: weakness, convulsions, coma (in severe cases)

⚠ Excess consumption can lead to cyanide toxicity. Even 3–5 bitter kernels per day may exceed safe limits.

7. Dosage and Storage

Form

Recommended Dosage

Raw Kernels (100g) Bitter kernels: No more than 1–2 per day (ONLY with guidance)

Sweet kernels: Up to 3-5 per day maximum

- Do not exceed the recommended amount toxicity risk is high
- Avoid long-term use without professional monitoring
- Store in a cool, dry place, tightly sealed, away from children

📑 8. Legal & Safety Disclaimer

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This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a diagnosed medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA). Apricot kernels may contain toxic compounds and should be used cautiously.



Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

\(010 006 7261

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Ashwagandha (Withania somnifera)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Ashwagandha |
|---------------|---|
| Type A | Generally well-tolerated, but monitor for overstimulation in high doses. |
| Type B | May cause slight digestive sensitivity; monitor stress or hormonal response. |
| Type AB | Typically tolerates adaptogens well; start with low doses. |
| Туре О | Can increase energy levels; avoid if already prone to anxiety or overstimulation. |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12 months) | Do not use internally or externally unless under strict pediatric guidance. |
| Toddlers (1–3 years) | Not recommended due to underdeveloped metabolism. |
| Children (4–12 years) | Use only under professional supervision for cognitive or immune support. |

Teenagers (13-18 years)

May be used cautiously for stress or focus, under adult

supervision.

3. General Contraindications

Do NOT use Ashwagandha if you are:

- Pregnant (risk of miscarriage due to uterine stimulation)
- Breastfeeding (safety not well-established)
- On sedative or psychiatric medications without supervision
- Diagnosed with hyperthyroidism (may stimulate thyroid further)
- Sensitive to nightshades (Ashwagandha is a member of this plant family)



💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|--------------------------------|--|
| Sedatives / Benzodiazepines | May increase drowsiness or cause enhanced sedation |
| Thyroid medications | May alter thyroid hormone levels |
| Immunosuppressants | Potential immune-stimulating effects |
| Antidepressants (SSRIs, MAOIs) | May alter mood-related neurotransmitter balance |
| Blood pressure medications | Risk of hypotension when combined |
| Anti-anxiety medications | Potentiation of effects; consult physician |



5. Medical Conditions to Avoid

Avoid Ashwagandha if you have:

Hyperthyroidism

- Autoimmune diseases (e.g., multiple sclerosis, lupus, rheumatoid arthritis)
- Hormone-sensitive conditions (e.g., breast, ovarian, prostate cancer)
- Severe gastrointestinal ulcers or reflux
- Scheduled surgery (stop at least 2 weeks before surgery)

1 6. Side Effects & Toxicity

Possible side effects may include:

- Stomach upset, nausea, or diarrhea
- Drowsiness or sedation
- Headaches
- Anxiety or agitation (in high doses or sensitive individuals)
- Hormonal imbalances or menstrual disruption
- Liver strain (rare, usually with long-term high doses)

1 7. Dosage and Storage

- Start with a low dose; increase gradually if needed
- Best taken with food to reduce stomach irritation
- Avoid long-term continuous use without breaks
- Store in a cool, dry place out of children's reach
- Discontinue if unusual symptoms occur

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare professional before use, especially if pregnant, nursing, taking chronic medication, or under medical care. Not suitable for children unless explicitly prescribed.

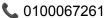
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Contact Information

Seamoss Africa



www.seamossafrica.co.za





info@seamossafrica.co.za



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Buchu (Agathosma betulina) - Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Buchu |
|---------------|--|
| Type A | May irritate the urinary tract; use diluted and in moderation. |
| Type B | Generally well-tolerated; monitor for digestive sensitivity. |
| Type AB | May require lower doses; ensure no inflammation is present. |
| Type O | Can be stimulating; avoid active infections or inflammation. |



2. Children-Specific Contraindications

| Age Group | Guidance |
|----------------------------|--|
| Infants (0-12 months) | Not safe. Do not use internally or externally. |
| Toddlers (1–3 years) | Avoid entirely; kidneys and liver are not mature enough. |
| Children (4–12 years) | Use only under strict herbalist guidance for mild urinary support. |
| Teenagers (13–18 years) | Use with caution for urinary tract support; avoid long-term use. |

3. General Contraindications

Do **NOT** use Buchu if you are:

Pregnant or breastfeeding (may stimulate uterus or alter milk composition)

- Diagnosed with kidney disease or chronic urinary tract inflammation
- Taking blood thinners (risk of increased bleeding)
- Allergic to Buchu or other plants in the Rutaceae family
- Planning to undergo surgery (may increase bleeding risk)

4. Drug-Herb Interactions

Drug Class Interaction Notes

Anticoagulants / Blood Increased risk of bleeding

Thinners

Diuretics May enhance diuretic effects and lead to

dehydration

NSAIDs May increase gastric or kidney irritation

Lithium May interfere with excretion and increase toxicity

Antihypertensives May enhance blood pressure-lowering effects



5. Medical Conditions to Avoid

Avoid Buchu if you have:

- Kidney disease or nephritis
- Bladder infections with burning or bleeding (may worsen irritation)
- Bleeding disorders or low platelet count
- Severe liver conditions
- Upcoming surgical procedures (stop use 2 weeks prior)



1 6. Side Effects & Toxicity

Possible side effects include:

- Nausea or vomiting (especially in high doses or if undiluted)
- Burning sensation during urination
- Increased menstrual flow
- Skin rash or allergic reaction
- Liver or kidney strain if misused

1 7. Dosage and Storage (Amended)

| Form | Recommended Dosage |
|--------------------------------|---|
| Dried Leaves (Tea/Infusion) | 1 teaspoon of dried leaves per cup of boiling water; steep for 5–10 minutes. Take 1–2 cups daily , no longer than 7–10 days at a time. |
| Tincture (1:5 ratio) | 1–2 ml , diluted in water or juice, 2–3 times daily , for short-term use (up to 10 days). |
| Capsules (300–500 mg) | 1 capsule , once or twice daily after meals. Do not exceed 1000 mg/day without professional supervision. |
| Essential Oil | Do not take internally. For external use, dilute 1–2 drops in 15 ml carrier oil for massage; avoid sensitive areas. |
| Avoid in Children | Unless prescribed by a trained pediatric herbalist. |

Storage Guidelines:

- Store in a cool, dark, dry place
- Keep container tightly closed
- Keep out of reach of children and pets
- Discontinue use if any side effects occur

3. Legal & Safety Disclaimer

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Important: This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).



Contact Information

Seamoss Africa



www.seamossafrica.co.za

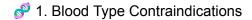


info@seamossafrica.co.za

\(010 006 7261

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Seamoss Africa Burdock Root (Arctium lappa) - Safety & Contraindications Guide



| Blood Type | Sensitivity or Reaction to Burdock |
|---------------|--|
| Type A | Generally well-tolerated; supports liver detox. |
| Туре В | May cause mild digestive upset; monitor closely. |
| Type AB | Use in moderation; may enhance immunity and detoxification. |
| Type O | Can be beneficial for cleansing; avoid high doses during infections. |

2. Children-Specific Contraindications

| Age Group | Guidance |
|-------------------------|--|
| Infants (0–12 months) | Not safe. Do not use internally or externally. |
| Toddlers (1–3 years) | Avoid internally; external compress under supervision only. |
| Children (4–12 years) | Use only under professional guidance for skin or mild detox support. |
| Teenagers (13–18 years) | Can be used for acne or hormonal support with professional advice. |

3. General Contraindications

Do NOT use Burdock Root if you are:

- Pregnant or breastfeeding (may stimulate uterine contractions or alter breast milk composition)
- Allergic to plants in the Asteraceae family (e.g., daisies, ragweed, chrysanthemums)
- Diabetic and on blood sugar-lowering medication (risk of hypoglycemia)
- Scheduled for surgery (may increase bleeding or interfere with blood sugar control)
- Diagnosed with dehydration or electrolyte imbalance (burdock is a natural diuretic)

4. Drug-Herb Interactions

Drug Class Interaction Notes

Diuretics May increase fluid loss and electrolyte imbalance

Antidiabetics May enhance blood sugar-lowering effect (risk of hypoglycemia)

Blood Thinners May increase risk of bleeding

NSAIDs May increase risk of gastrointestinal irritation

5. Medical Conditions to Avoid

Avoid Burdock if you have:

- Electrolyte imbalances or dehydration
- Bleeding disorders or are taking anticoagulants
- Blood sugar instability or hypoglycemia
- Allergy to Asteraceae plant family
- Kidney disease or severe liver impairment



6. Side Effects & Toxicity

Possible side effects include:

- Dry mouth or dehydration
- Dizziness or lightheadedness (especially in combination with other diuretics)
- Allergic skin reactions
- Nausea or stomach cramps
- Low blood sugar symptoms: shakiness, sweating, confusion

7. Dosage and Storage

Form Recommended Dosage

Dried Root 1 tsp dried root per cup of water; simmer 10–15 mins. Drink 1–2

(Tea/Decoction) cups/day.

Tincture (1:5 ratio) 2–4 ml in water or juice, 2–3 times per day.

Capsules (400–600 mg) 1 capsule once or twice daily; do not exceed 1200 mg/day

without supervision.

External Use (Poultice) Apply decocted root as a compress to skin 1–2 times daily.

Storage Guidelines:

- Store in a cool, dark, dry place
- Use within 12 months of opening
- Keep out of reach of children
- Avoid exposure to direct sunlight or humidity
- 8. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

\(\) 010 006 7261



Africa

Cayenne (Capsicum annuum / Capsicum frutescens) Safety & Contraindications Guide

1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Cayenne |
|---------------|---|
| Type A | May cause gastric irritation; use in moderation or with food. |
| Type B | Generally tolerated well; avoid if prone to sinus inflammation. |
| Type AB | Sensitive to heat; reduce dosage if heartburn or reflux occurs. |
| Туре О | Usually benefits metabolism; monitor for excessive heat or acidity. |

2. Children-Specific Contraindications

| Age Group | Guidance |
|--------------------------|---|
| Infants (0–12 months) | Not safe. Avoid entirely. |
| Toddlers (1–3 years) | Avoid due to extreme pungency and mucous membrane sensitivity. |
| Children (4–12 years) | Only in very small, diluted amounts under professional advice. |
| Teenagers (13–18 years) | Can be used in diluted form topically or as a minor digestive stimulant under guidance. |

- Pregnant (high doses may stimulate uterine contractions)
- Breastfeeding (may alter milk taste or irritate baby)
- Suffering from ulcers, acid reflux, or gastritis
- On blood-thinning medications
- Allergic to nightshades (Solanaceae family)
- Undergoing surgery soon (may affect bleeding/clotting)

4. Drug-Herb Interactions

Interaction Notes Drug Class

Anticoagulants (e.g., Warfarin) May increase bleeding risk

ACE Inhibitors Possible increase in cough reflex

NSAIDs May worsen gastric irritation

Stimulants May enhance stimulating effects

Antacids / Proton Pump Inhibitors May reduce effectiveness; counteracts

actions



5. Medical Conditions to Avoid Avoid Cayenne if you have:

- Peptic ulcers or gastritis
- Irritable bowel syndrome (IBS)
- Gastroesophageal reflux disease (GERD)
- Hemorrhoids (may worsen burning sensation)
- Bleeding disorders
- Sensitivity to spicy foods or peppers



♠ 6. Side Effects & Toxicity Possible side effects include:

- Burning sensation in the stomach or mouth
- Heartburn or acid reflux
- Sweating or hot flushes
- Skin irritation if applied topically in high doses
- Digestive upset if taken without food

7. Dosage and Storage

• Recommended Adult Dosage (Internal):

30–120 mg of cayenne powder per day (capsule or mixed in warm water) Start low (30 mg) and increase only under guidance.

Topical Use:

Use cayenne-based creams in diluted concentrations (0.025% to 0.075% capsaicin).

• Storage:

Store in a sealed container in a cool, dry place away from direct sunlight. Keep out of reach of children.

8. Legal & Safety Disclaimer

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Important:

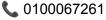
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Contact Information

Seamoss Africa



www.seamossafrica.co.za



info@seamossafrica.co.za

SEAMOSS AFRICA

Seamoss Africa Celtic Salt Safety & Contraindications Guide

1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Celtic Salt |
|---------------|--|
| Type A | Use moderately; excess sodium may affect blood pressure and adrenal function. |
| Туре В | Generally well tolerated; monitor for salt sensitivity. |
| Type AB | May retain more fluid with high sodium intake; use in balance with potassium-rich foods. |
| Type O | Can benefit from trace minerals, but avoid overuse to prevent water retention. |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-------------------------|---|
| Infants (0–12 months) | Do not use added salt in formula or baby food. |
| Toddlers (1–3 years) | Use very small amounts only in food. |
| Children (4–12 years) | Safe in minimal dietary quantities. Avoid direct supplementation. |
| Teenagers (13–18 years) | Safe in moderation. Excess may affect blood pressure. |

Do NOT use Celtic Salt excessively if you are:

- Diagnosed with **high blood pressure** or heart failure
- Managing kidney disease or fluid retention issues

- On a low-sodium diet prescribed by your doctor
- Suffering from severe dehydration or sodium imbalance
- Taking diuretics or antihypertensive medications without supervision

💊 4. Drug-Herb Interactions

Drug Class Interaction Notes

Diuretics May increase risk of dehydration or electrolyte imbalance

Antihypertensives May interfere with blood pressure control if taken in high amounts

Corticosteroids Can exacerbate sodium retention effects

Lithium Sodium levels may affect lithium toxicity

5. Medical Conditions to Avoid

Avoid or use cautiously if you have:

- Hypertension (high blood pressure)
- Congestive heart failure
- Kidney disease or impaired sodium regulation
- Edema or chronic water retention
- Salt-sensitive migraines or headaches

♠ 6. Side Effects & Toxicity Possible reactions from overuse:

- Increased thirst and water retention
- Elevated blood pressure
- Electrolyte imbalance
- Headaches or dizziness
- Swelling in extremities (ankles, feet)

📋 7. Dosage and Storage

- Recommended daily amount: 1/4 to 1/2 teaspoon daily for healthy adults
- Ensure intake is balanced with water and potassium-rich foods
- Do not exceed 1 tsp/day unless medically advised
- Store in a dry container away from moisture

Keep out of reach of children

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare provider before use, especially if managing chronic conditions such as heart disease, kidney issues, or hypertension. Not recommended for infants unless advised by a medical professional.

Important:

This product has not been evaluated or approved by the **South African Health Products Regulatory Authority (SAHPRA).**

Contact Information Seamoss Africa

www.seamossafrica.co.za

**** 0100067261

ĭ info@seamossafrica.co.za

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Seamoss Africa

Cinnamon (Cinnamomum verum / C. cassia) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Cinnamon |
|---------------|---|
| Type A | May overstimulate digestion; prefer Ceylon over Cassia. |
| Type B | Usually well-tolerated in small amounts. |
| Type AB | Use in moderation; monitor for blood sugar changes. |
| Type O | Can benefit metabolism, but monitor for sensitivity. |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | Not recommended internally or topically. |
| Toddlers (1-3y) | Avoid internal use. Cinnamon oil may irritate skin or mucosa. |
| Children (4–12y) | Use only food-grade amounts; avoid essential oil or high-dose supplements. |
| Teenagers (13–18y) | Safe in small doses; avoid high doses of Cassia (coumarin toxicity). |

3. General Contraindications

Do **NOT** use Cinnamon (especially Cassia) in medicinal doses if you are:

- Pregnant (may stimulate uterine contractions)
- Breastfeeding (insufficient safety data for high doses)
- Taking blood-thinning medication (Cassia cinnamon contains coumarin)
- Diagnosed with liver disease or prone to liver strain
- Allergic to cinnamon or other spices
- Undergoing surgery within 2 weeks

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|------------------------------|--|
| Anticoagulants | May increase bleeding risk (especially Cassia cinnamon). |
| Diabetes medications | May enhance glucose-lowering effects (risk of hypoglycemia). |
| Liver medications | Coumarin in Cassia may worsen liver strain. |
| Antibiotics (Hepatotoxic) | Increased risk of liver toxicity. |



5. Medical Conditions to Avoid

Avoid or use with caution if you have:

- Liver disease or impaired liver enzymes
- Bleeding disorders or if on anticoagulants
- Diabetes (monitor blood sugar closely)
- Ulcers or gastric inflammation (may be irritating)

• Hormone-sensitive conditions (mild estrogenic effect reported)

1 6. Side Effects & Toxicity

Possible side effects include:

- Mouth or throat irritation
- Skin rash or contact dermatitis
- Liver toxicity with excessive Cassia cinnamon
- Low blood sugar (hypoglycemia)
- Increased heart rate or dizziness (with essential oil use)

7. Dosage and Storage

Form Safe Dosage Guidance

Ceylon Cinnamon Powder 1–3 grams daily (approx. ½–1 tsp)

Cassia Cinnamon Powder Limit to < 1 gram daily (to avoid coumarin risk)

Essential Oil (External only) Dilute heavily (1 drop per 5ml carrier oil)

Capsules (500mg) 1–2 capsules daily under professional

supervision

- Store in an airtight glass container, away from moisture and sunlight.
- Keep out of reach of children.
- Do not exceed recommended dosage.

3. Legal & Safety Disclaimer

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Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

**** 0100067261



Seamoss Africa

Cloves (Syzygium aromaticum) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Cloves |
|---------------|--|
| Type A | May cause gastric irritation; use with food and in moderation. |
| Type B | Generally well-tolerated; monitor for strong digestive reactions. |
| Type AB | Use sparingly; may affect blood sugar. |
| Type O | Usually beneficial for digestion but may cause heat or irritation if overused. |



👶 2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | Not safe; clove oil is too strong and may cause respiratory or liver issues. |
| Toddlers (1-3y) | Avoid internal and topical use. |
| Children (4–12y) | Only use food-grade amounts; avoid clove oil or tinctures. |
| Teenagers (13–18y) | Safe in culinary use; avoid high doses or essential oil use. |

3. General Contraindications

Do **NOT** use Cloves in medicinal doses if you are:

- Pregnant or breastfeeding (especially clove oil)
- Diagnosed with liver disease (eugenol may worsen liver stress)
- Taking anticoagulants (clove oil may increase bleeding risk)
- Known to be allergic to eugenol or myrtle family plants
- Scheduled for surgery (discontinue 2 weeks before)

4. Drug-Herb Interactions

Drug Class Interaction Notes

Anticoagulants / Blood May increase bleeding risk due to eugenol content.

Thinners

Antidiabetics May enhance blood sugar-lowering effects.

NSAIDs Combined use may increase risk of stomach irritation or

bleeding.

Anticonvulsants May interfere with effectiveness in high doses.

Liver Metabolism Drugs Eugenol may burden liver detox pathways.



5. Medical Conditions to Avoid

Avoid or use with extreme caution if you have:

- Liver disorders or impaired liver function
- Bleeding disorders or are on blood thinners
- Active ulcers or gastrointestinal bleeding
- Epilepsy or seizure disorders (clove oil may lower seizure threshold)
- Diabetes (monitor blood sugar closely)

↑ 6. Side Effects & Toxicity

Potential side effects of misuse or high doses include:

- Mouth or throat irritation
- Nausea or vomiting
- Burning sensation in the stomach or throat
- Liver toxicity (especially from clove oil or overuse)
- Increased risk of bleeding
- Allergic reactions (rash, itching, swelling)

1 7. Dosage and Storage

| Form | Safe Dosage Guidance |
|-------------------------------------|--|
| Whole Cloves (dried) | 1–2 cloves per cup of tea, up to twice daily. |
| Clove Powder | $\frac{1}{4} - \frac{1}{2}$ teaspoon daily in food or herbal formulas. |
| Clove Essential Oil (external only) | Dilute 1 drop per 5ml carrier oil. Never ingest. |
| Tincture (1:5 ratio) | 10–20 drops in water, once or twice daily (under guidance). |

- Never use clove essential oil internally unless under professional supervision.
- Store in a cool, dry, and dark place.
- Keep away from children.
- Use short-term unless advised by a practitioner.

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, nursing, taking medication, or living with a chronic condition. Not suitable for children unless specifically prescribed.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

**** 0100067261

Seamoss Africa

Devil's Claw (Harpagophytum procumbens) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Devil's Claw |
|---------------|---|
| Type A | May irritate the stomach; use with food and in moderation. |
| Type B | Generally well-tolerated but monitor for digestive sensitivity. |
| Type AB | Use with caution; may affect blood sugar and stomach lining. |
| Type O | Often beneficial for inflammation but can cause stomach irritation if overused. |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Not safe; avoid entirely. |
| Toddlers (1–3y) | Avoid use; digestive system too sensitive. |
| Children (4–12y) | Use only under supervision of a qualified herbalist. |
| Teenagers (13–18y) | Use with caution for pain or inflammation, short-term only. |

3. General Contraindications

Do **NOT** use Devil's Claw if you are:

- Pregnant or breastfeeding (may stimulate the uterus)
- Diagnosed with stomach ulcers or acid reflux
- Suffering from gallstones or bile duct obstructions
- Scheduled for surgery (can affect blood clotting and sugar control)
- Allergic to Devil's Claw or similar bitter root herbs

💊 4. Drug-Herb Interactions

Drug Class

| Drug Glass | intordotton rector |
|------------------------------------|---|
| Anticoagulants / Blood Thinners | May increase bleeding risk. |
| Antidiabetics | May enhance blood sugar-lowering effects. |
| NSAIDs / Painkillers | May intensify GI irritation when used together. |
| Proton Pump Inhibitors (PPIs) | May counteract acid-reducing medications. |

Interaction Notes

Monitor closely; may interact with heart rate.



5. Medical Conditions to Avoid

Avoid Devil's Claw if you have:

Anti-arrhythmic drugs

- Peptic ulcers or gastritis
- Gallstones or bile obstruction
- Heart conditions requiring strict heart rate regulation
- Diabetes (may drop blood sugar)
- Bleeding disorders or upcoming surgery

1 6. Side Effects & Toxicity

Possible side effects include:

- Upset stomach, nausea, or diarrhea
- Headaches or dizziness
- Allergic skin rash or irritation
- Hypoglycemia (low blood sugar)
- Irregular heartbeat in sensitive individuals

7. Dosage and Storage

Form Safe Dosage Guidance

Dried Root (infusion) 1–2 grams per cup, 1–2 times daily.

Tincture (1:5) 10–20 drops in water, up to 3 times daily (short-term only).

Capsule (400-500 1–2 capsules daily with food; follow practitioner's advice.

mg)

- Best used for short-term inflammation or joint discomfort.
- Not recommended for chronic, unsupervised long-term use.
- Store in a dry, cool place away from sunlight.
- Keep out of reach of children.



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

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Always consult a qualified health professional before use—especially if pregnant, nursing, on medication, or managing a chronic condition. Not suitable for children unless specifically prescribed.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

**** 0100067261

Seamoss Africa

Elderberries (Sambucus nigra) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Elderberries |
|---------------|---|
| Type A | Well-tolerated; supports immune system. |
| Type B | Generally safe; monitor for mucus overproduction. |
| Type AB | Supports respiratory health; use in moderate doses. |
| Type O | Can trigger detox symptoms; start with low doses. |



| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | Not safe; do not use (raw elderberry can be toxic). |
| Toddlers (1–3y) | Only use properly prepared syrups; consult a pediatric herbalist. |
| Children (4–12y) | Safe in syrup or tea form; avoid high doses or raw berries. |
| Teenagers (13–18y) | Generally safe; helpful during seasonal immune challenges. |

3. General Contraindications

Do **NOT** use Elderberries if you are:

- Consuming raw, unripe berries, bark, leaves, or stems (they contain toxic cyanogenic compounds)
- Pregnant or breastfeeding without herbalist guidance (limited safety data in pregnancy)
- Allergic to plants in the Caprifoliaceae family
- Diagnosed with **autoimmune conditions** (may overstimulate the immune system)
- Taking immunosuppressive medications (possible counteraction)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|----------------------------|--|
| Immunosuppressants | May reduce drug effectiveness due to immune stimulation |
| Diuretics | May mildly enhance diuretic effects (if taken in large amounts) |
| Laxatives | May compound laxative effect if elderberry is used in high doses |
| Chemotherapy/Immunotherapy | Use only with medical clearance; may interact with immune pathways |



5. Medical Conditions to Avoid

Avoid Elderberries if you have:

- Autoimmune diseases such as lupus, MS, or rheumatoid arthritis
- Severe gastrointestinal issues (large doses can cause nausea or diarrhea)
- Active allergies to flowering shrubs in the honeysuckle family

• **Upcoming surgery** (stop at least 1 week prior)

♠ 6. Side Effects & Toxicity

Possible side effects (usually with raw or unripe berries) include:

- Nausea, vomiting, and diarrhea
- Abdominal cramps or bloating
- Mild allergic reaction (itchy throat, rash)
- Dizziness or weakness (if improperly prepared)
- Cyanide poisoning from raw plant parts (serious but rare)

1 7. Dosage and Storage

| Form | Recommended Dosage |
|---------------------|---|
| Syrup (adult) | 1 tablespoon (15 ml) 1–2 times daily during cold/flu season |
| Syrup (children 4+) | 1 teaspoon (5 ml) 1–2 times daily |
| Tea (dried berries) | 1 teaspoon per cup, steeped 10–15 minutes, up to 2x daily |
| Capsule | Follow product label or take up to 500 mg daily |

- Always avoid raw berries, bark, or leaves
- Store in a cool, dry place away from sunlight
- Refrigerate syrups after opening
- Keep out of reach of children

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking chronic medication, or managing a diagnosed medical condition. Not suitable for children under 4 unless prescribed.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

0100067261

Seamoss Africa

Hibiscus Flower (Hibiscus sabdariffa) **Safety & Contraindications Guide**



1. Blood Type Contraindications

| Sensitivity or Reaction to Hibiscus |
|--|
| Generally well-tolerated; may support blood pressure balance. |
| Can be mildly acidic; monitor for digestive discomfort. |
| Safe in moderate amounts; good for antioxidant support. |
| May slightly lower blood pressure; monitor if prone to low BP. |
| |



| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | Not recommended; digestive systems are too immature. |
| Toddlers (1-3y) | Use cautiously; very diluted tea only under herbalist supervision. |
| Children (4–12y) | Safe in low doses as herbal tea; monitor for acidity-related tummy upset. |
| Teenagers (13–18y) | Generally safe; supports hydration and detox when used in moderation. |

3. General Contraindications

Do **NOT** use Hibiscus Flower if you are:

- Pregnant (may stimulate uterine contractions and affect hormone levels)
- Trying to conceive (may temporarily affect estrogen levels)
- Diagnosed with low blood pressure or hypotension
- Allergic to plants in the Malvaceae family
- Preparing for surgery (may lower blood pressure or interfere with anesthesia)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|----------------------|--|
| Antihypertensives | May compound blood pressure-lowering effects |
| Diuretics | May enhance diuretic effects and cause dehydration |
| Antidiabetic drugs | May lower blood sugar; monitor for hypoglycemia |
| Hormonal medications | May mildly interfere with estrogen-sensitive drugs |
| Chloroquine | May reduce absorption and effectiveness |



5. Medical Conditions to Avoid

Avoid Hibiscus Flower if you have:

- **Low blood pressure** (risk of dizziness or fainting)
- Hormone-sensitive conditions like endometriosis or fibroids
- **Kidney issues** (due to oxalate content in large doses)
- Planned surgical procedures (discontinue 1 week before surgery)

• Recurrent acid reflux or stomach ulcers (can be too acidic)

♠ 6. Side Effects & Toxicity

Possible side effects may include:

- Headaches or dizziness (especially in those with low BP)
- Nausea or stomach discomfort if consumed in excess
- Mild allergic reactions (itchy skin, redness)
- Increased urination (diuretic effect)
- Temporary hormonal effects in high doses

1 7. Dosage and Storage

| Form | Recommended Dosage |
|------------------------|--|
| Dried flower tea | 1–2 teaspoons per cup; steep 10 minutes; up to 2x daily |
| Capsules (standard) | 250-500 mg once or twice daily (as directed) |
| Extract/tincture | 1–2 ml (20–40 drops) up to twice daily in water or juice |

- Do not exceed 2-3 cups of hibiscus tea daily unless prescribed
- Always use **food-grade**, dried flowers
- Store in a **cool**, **dark**, **dry** environment
- Keep away from heat, light, and children

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking chronic medication, or managing a diagnosed medical condition. Not suitable for children under 4 unless prescribed.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

0100067261

Seamoss Africa

Igobho (Helichrysum odoratissimum) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Igobho |
|---------------|--|
| Type A | Generally well-tolerated; calming to the nervous system. |
| Type B | May be slightly drying; use with hydrating herbs if needed. |
| Type AB | Generally supportive; good for stress and cleansing rituals. |
| Type O | Can be slightly stimulating; avoid overuse or use late at night. |



| Age Group | Guidance |
|------------------|---|
| Infants (0-12m) | Not safe for internal use; may be used externally in smoke or light washes. |
| Toddlers (1-3y) | Avoid internal use; smoke exposure only under healer supervision. |
| Children (4-12y) | Use only externally or as mild steam under adult supervision. |

| Teenagers |
|------------------|
| (13–18y) |

Safe for spiritual/ritual use; internal use only under herbalist guidance.

3. General Contraindications

Do **NOT** use Igobho if you are:

- **Pregnant or breastfeeding** (may stimulate uterine activity or affect hormones)
- Taking sedatives or CNS depressants (can compound effects)
- Suffering from asthma or respiratory issues (smoke may trigger symptoms)
- Allergic to plants in the Asteraceae (daisy) family
- Prone to low blood pressure (may slightly lower blood pressure)



4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|------------------------|--|
| Sedatives / Sleep aids | May increase drowsiness or sleepiness |
| Antidepressants | Mild mood interaction—consult before combining |
| Blood pressure meds | May slightly enhance hypotensive effects |
| Immunosuppressant s | Potential unknown effects on immune modulation |



5. Medical Conditions to Avoid

Avoid using Igobho internally if you have:

- Pregnancy-related complications
- Chronic respiratory illness (inhaled smoke use)

- Low blood pressure
- Seizure disorders
- Allergy to wildflowers or daisies



1 6. Side Effects & Toxicity

Possible side effects may include:

- Mild nausea or stomach upset (from teas or tinctures)
- Drowsiness or lethargy (with internal or heavy topical use)
- Allergic skin reactions (if applied undiluted)
- Respiratory irritation (if overexposed to smoke)
- Hormonal effects in women if used excessively

1 7. Dosage and Storage

| Form | Recommended Dosage |
|------------------|---|
| Herbal Tea | 1 tsp dried herb per cup; steep 5–10 mins; once daily |
| Smoke/Incense | Use in well-ventilated area for spiritual cleansing |
| Tincture/Extract | 1–2 ml once daily (only under guidance) |
| Topical Use | Infused oil or decoction for skin—always diluted |

- Do not exceed 7-10 days of continuous use internally
- Store in cool, dark, dry conditions
- Keep away from heat, flames, and children



📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking chronic medication, or managing a diagnosed medical condition. Not suitable for internal use in children unless under expert care.

Important:

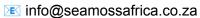
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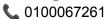


Contact Information

Seamoss Africa







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Lengana (Artemisia afra) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Lengana |
|---------------|--|
| Type A | Can be too stimulating for the nervous system if overused. |
| Type B | Generally well-tolerated; monitor for digestive irritation. |
| Type AB | Use in low doses; may affect blood pressure and digestion. |
| Type O | Stimulating; may enhance detox response but avoid overuse during inflammation. |



| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | Not safe. Do not use internally or as steam. |
| Toddlers (1–3y) | Avoid internal use; may be used in diluted steam for nasal congestion with caution. |
| Children (4–12y) | Use only under herbalist supervision; teas or steam for short-term use only. |
| Teenagers (13–18y) | Safe for short-term use in teas or steams for colds and flu; avoid prolonged use. |

3. General Contraindications

Do **NOT** use Lengana if you are:

- **Pregnant** (may cause uterine contractions)
- Breastfeeding (limited data on safety in lactation)
- Allergic to plants in the Asteraceae (daisy) family
- Suffering from peptic ulcers or gastritis (may irritate stomach lining)
- On epilepsy medication (may interfere with neurological function)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------|--|
| Sedatives / CNS drugs | May interfere with neurological action; overstimulation possible |
| Antihypertensives | May cause fluctuations in blood pressure |
| Anticoagulants | Caution advised; limited data on effect on clotting |
| Antidiabetic medication | May lower blood sugar—monitor closely if used concurrently |



5. Medical Conditions to Avoid

Avoid Lengana if you have:

- Pregnancy-related complications
- Seizure disorders or epilepsy
- Peptic ulcers or active gastritis
- Autoimmune disorders (may overstimulate immune system)
- Chronic low blood pressure

1 6. Side Effects & Toxicity

Possible side effects include:

- Nausea or vomiting (especially with high or concentrated doses)
- Headache or dizziness
- Mild insomnia or restlessness
- Allergic skin reaction or rash
- Liver strain if overused long-term

7. Dosage and Storage

Form Recommended Dosage

Tea (infusion) 1 tsp dried herb per cup; steep for 5–7 minutes; up to 2x daily

Steam Inhalation Add 1 tbsp to hot water; inhale for 5–10 mins for flu or congestion

Tincture 1–2 ml up to twice daily; consult a qualified practitioner

- Do not exceed 10 consecutive days of internal use
- Store in cool, dry, dark conditions
- Keep away from children and pets
- Not suitable for long-term daily use



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking chronic medication, or managing a diagnosed medical condition. Not suitable for children unless under direct professional guidance.

Important:

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Seamoss Africa

www.seamossafrica.co.za

📧 info@seamossafrica.co.za

0100067261

Seamoss Africa

Lion's Mane Mushroom (100g) (Hericium erinaceus) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|----------------------------|
| Type A | Generally well-tolerated |
| Туре В | Generally well-tolerated |
| Type AB | Generally well-tolerated |
| Type O | Generally well-tolerated |



| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | Not recommended |
| Toddlers (1–3y) | Avoid unless prescribed by a healthcare professional |
| Children (4-12y) | Use only under medical supervision |
| Teenagers (13–18y) | Generally safe but consult a healthcare professional |

3. General Contraindications

Do NOT use Lion's Mane if you:

- Are allergic to mushrooms or fungi
- Have an autoimmune disease without professional guidance (may stimulate immune response)
- Are pregnant or breastfeeding (insufficient safety data)
- Are on immunosuppressive therapy without medical approval

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------|---|
| Immunosuppressant s | May reduce effectiveness of immunosuppressive drugs |
| Anticoagulants | Potential mild blood-thinning effect |
| Diabetes medications | May lower blood sugar; monitor blood glucose levels |



5. Medical Conditions to Avoid

Avoid or use cautiously if you have:

- Autoimmune disorders (e.g., rheumatoid arthritis, lupus)
- Bleeding disorders or on blood-thinning medication
- Diabetes (monitor blood sugar levels closely)
- Allergies to mushrooms or fungi



1 6. Side Effects & Toxicity

Possible side effects include:

- Allergic reactions (rash, itching, swelling)
- Gastrointestinal discomfort (nausea, diarrhea)
- Dizziness or headache in rare cases

Long-term use appears safe but always monitor for adverse effects.

7. Dosage and Storage

Form

Recommended Dosage

Dried Mushroom (100g) Typical dosage: 1–3 grams daily (powder or tea)

- Start with a low dose to assess tolerance
- Store in a cool, dry place away from direct sunlight
- Keep out of reach of children



8. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za 010 006 7261

Seamoss Africa

Oregano (Origanum vulgare) **Safety & Contraindications Guide**



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Oregano |
|---------------|---|
| Type A | May cause digestive discomfort if used in high doses |
| Type B | Generally well-tolerated; monitor for overstimulation or acid reflux |
| Type AB | Use in small doses; may enhance detoxification but can irritate the stomach |
| Type O | May cause strong detox symptoms; use diluted and with breaks |



| Age Group | Guidance | |
|-----------------------|--|--|
| Infants (0-12m) | Not recommended for internal or external use | |
| Toddlers (1–3y) | Avoid internal use; oregano oil is too strong | |
| Children (4–12y) | Can be used in diluted tea for short-term immune support with guidance | |
| Teenagers (13–18y) | Safe in moderation for colds or infections; avoid concentrated oil use | |

3. General Contraindications

Do **NOT** use Oregano if you are:

- **Pregnant** (may stimulate the uterus)
- **Breastfeeding** (oregano oil may affect breastmilk composition)
- Allergic to mint family plants (Lamiaceae—e.g., basil, thyme, sage)
- **Taking blood-thinning medication** (may increase bleeding risk)
- **Scheduled for surgery** (discontinue at least 2 weeks before surgery)
- Using immunosuppressants (may overstimulate the immune system)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes | |
|----------------------------|---|--|
| Anticoagulants / NSAIDs | May increase bleeding or irritation risk | |
| Diabetes medication | May lower blood sugar—monitor closely | |
| Iron supplements | May inhibit iron absorption if taken simultaneously | |
| Immunosuppressants | May reduce effectiveness of medications due to immune-boosting action | |



5. Medical Conditions to Avoid

Avoid Oregano if you have:

- Peptic ulcers or acid reflux (can irritate the stomach lining)
- Bleeding disorders or low platelets
- **Autoimmune diseases** (may overstimulate immune response)
- Upcoming surgical procedures

• Severe respiratory hypersensitivity or asthma (essential oil can be irritating)

1 6. Side Effects & Toxicity

Possible side effects include:

- Nausea or heartburn
- Allergic skin rash or itching
- Burning sensation in throat or chest (especially with oregano oil)
- Diarrhea or stomach upset
- Increased menstrual flow
- Risk of liver or kidney irritation with excessive use of essential oil

7. Dosage and Storage

Form Recommended Dosage

Dried Herb (tea) ½ to 1 tsp per cup; steep 5–7 minutes; up to 2x daily

Tincture 1–2 ml up to twice daily (under professional supervision)

Oregano Oil 1–2 drops diluted in carrier oil or water for short-term use; not long-term

- Avoid high doses or prolonged internal use of oil
- Store in a cool, dry place away from sunlight
- Keep tightly closed and out of reach of children
- Do not exceed recommended dosages without professional advice

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

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Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 0100067261

Seamoss Africa

Peppermint (Mentha × piperita) **Safety & Contraindications Guide**



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Peppermint |
|---------------|--|
| Type A | Usually well-tolerated; avoid in case of acid reflux or ulcers |
| Type B | May cause digestive upset in large doses |
| Type AB | Use in moderation; can cool excess heat but may reduce stomach acid too much |
| Type O | Can aggravate acid reflux or stomach irritation; best used occasionally |



| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Not recommended; menthol vapors may cause breathing issues |
| Toddlers (1–3y) | Avoid internal use; diluted external use only with guidance |
| Children (4–12y) | Tea is safe in small amounts; avoid essential oil internally |
| Teenagers (13–18y) | Safe in moderate tea doses or topical use; monitor for sensitivity |

3. General Contraindications

Do **NOT** use Peppermint if you are:

- **Pregnant** (in large doses, may stimulate the uterus)
- **Breastfeeding** (high menthol content may reduce milk supply)
- Suffering from acid reflux, GERD, or ulcers
- Allergic to mint family plants (e.g., spearmint, basil, oregano)
- **Taking medications that reduce stomach acid** (risk of interaction)
- Using immunosuppressants (strong detox effects may counteract meds)

💊 4. Drug-Herb Interactions

Drug Class Interaction Notes

Antacids or GERD meds May worsen reflux symptoms or interfere with gastric acid levels

Cyclosporine May reduce effectiveness due to liver enzyme activation

Blood pressure meds May enhance hypotensive effects

Diabetes medication May enhance blood sugar-lowering effects



5. Medical Conditions to Avoid

Avoid Peppermint if you have:

- Gastroesophageal reflux disease (GERD)
- Hiatal hernia
- Stomach ulcers or low stomach acid
- Gallstones or bile duct obstruction

• **Severe asthma** (peppermint oil vapors may trigger bronchospasm)

1 6. Side Effects & Toxicity

Possible side effects include:

- Heartburn or acid reflux
- Allergic reaction (rash, itching, respiratory sensitivity)
- Dry mouth or throat irritation
- Nausea if taken in excess
- Slowed heart rate or muscle weakness in very high doses (especially with oil)

7. Dosage and Storage

Form Recommended Dosage

Dried Leaves (tea) 1 tsp per cup; steep 5–7 minutes; up to 2–3x daily

Tincture 1–2 ml up to twice daily (under professional supervision)

Peppermint Oil (internal) Not recommended without professional guidance

Topical use (oil) Dilute in carrier oil before applying; avoid eyes and broken skin

- Avoid long-term internal use of essential oil
- Store in a cool, dark place away from direct sunlight
- Keep tightly sealed and away from children

3. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

**** 0100067261

Seamoss Africa

Soursop 100g / 200g / 500g Herb (Annona muricata) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally supportive of immune and digestive function |
| Type B | Use cautiously – may cause mild gastric irritation |
| Type AB | Well-tolerated in moderate amounts |
| Туре О | Beneficial, but overuse may cause hypotension or drowsiness |



| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Not recommended – risk of toxicity or neurological effects |
| Toddlers (1–3y) | Avoid – central nervous system still developing |
| Children (4–12y) | Use only under supervision and in small amounts |
| Teenagers (13–18y) | Safe in small doses for immune support – short-term use only |

3. General Contraindications

Do NOT use Soursop if you are:

- Pregnant or breastfeeding (potential neurotoxic and uterine-stimulating effects)
- Diagnosed with Parkinson's disease or other neurological conditions
- Taking sedatives or undergoing anesthesia soon
- Experiencing low blood pressure or heart rhythm issues
- Planning surgery (may interfere with CNS function)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|---|---|
| Antihypertensives | May cause additive effects – monitor blood pressure |
| Sedatives (e.g., benzodiazepines, sleep aids) | May increase drowsiness or CNS depression |
| Antidepressants (esp. MAO inhibitors) | May interact with neurotransmitter balance |
| Neuroleptics | Potential interference with brain signaling – avoid combination |
| Chemotherapy drugs | May affect mitochondrial activity – consult oncologist before use |

5. Medical Conditions to Avoid

Avoid or use cautiously if you have:

- Parkinson's disease or any movement disorders
- Low blood pressure (soursop can lower it further)
- Heart rhythm disorders

- Neurological conditions (e.g., multiple sclerosis, epilepsy)
- Liver problems or mitochondrial disorders

1 6. Side Effects & Toxicity

Possible side effects:

- Nausea, vomiting, or stomach cramps
- Excessive sedation or drowsiness
- Hypotension (low blood pressure)
- Muscle weakness or coordination issues
- Neurological toxicity with long-term use (linked to compounds called annonacin)

A Excessive or prolonged use may be neurotoxic. Use in moderation and avoid long-term unsupervised use.

7. Dosage and Storage

Form

Recommended Dosage

Dried Herb (100g) Use 1 teaspoon per cup of tea, up to 2 times daily Do not exceed 3 cups per day without professional

guidance

- Use for no longer than 4 weeks continuously without medical supervision
- Store in a cool, dry place, away from direct sunlight
- Keep out of reach of children

3. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa



www.seamossafrica.co.za



info@seamossafrica.co.za

\(010 006 7261

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Seamoss Africa

Spearmint (Mentha spicata) Safety & Contraindications Guide

🧬 1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Spearmint |
|---------------|---|
| Type A | Generally supportive; helps with digestion—best used warm |
| Type B | Mild and usually safe; may help calm mild gas or bloating |
| Type AB | Beneficial in small amounts; may reduce inflammation gently |
| Type O | Tolerated well; avoid if prone to reflux or very low blood pressure |

👶 2. Children-Specific Contraindications

| Age Group | Guidance | |
|-----------------------|--|--|
| Infants (0-12m) | Avoid internal and essential oil use | |
| Toddlers (1–3y) | Mild teas may be safe in tiny amounts with guidance | |
| Children (4–12y) | Suitable in tea form for digestive upsets; avoid high doses or essential oil | |
| Teenagers (13–18y) | Generally safe; monitor for any allergic or digestive reaction | |

3. General Contraindications

Do **NOT** use Spearmint if you are:

- **Pregnant in early stages** (large amounts may stimulate uterus)
- Allergic to mint family plants (e.g., peppermint, basil, oregano)
- Prone to acid reflux or GERD (may worsen symptoms in sensitive individuals)
- On hormone-sensitive treatments (contains mild phytoestrogens)

4. Drug-Herb Interactions

Drug Class Interaction Notes

Hormone therapy (HRT, estrogen) May mildly mimic estrogen—monitor for interactions

Sedatives / Sleep aids May enhance calming effects slightly

Diabetes meds May lower blood sugar mildly—monitor closely

Mild hypotensive effect—monitor BP when using both Blood pressure meds



5. Medical Conditions to Avoid

Avoid Spearmint if you have:

- Acid reflux (GERD) or ulcers
- Very low blood pressure
- Severe hormone imbalances (estrogen-sensitive conditions)
- Severe asthma (avoid oil inhalation)



1 6. Side Effects & Toxicity

Possible side effects include:

- Mild dizziness or drowsiness in large doses
- Nausea or digestive upset in sensitive individuals
- Hormonal effects if used excessively (especially in tea or extract form)
- Rare allergic reactions (rash, itchy throat, sneezing)

📋 7. Dosage and Storage

Form Recommended Dosage

Dried Leaves (tea) 1 tsp per cup; steep 5–7 minutes; up to 2–3x per day

Extract/Tincture 1–2 ml up to twice daily (under practitioner supervision)

Spearmint Oil (topical) Use diluted; avoid mucous membranes and eyes

Essential Oil (internal) Not recommended unless under strict supervision

- Store in a cool, dry, dark place
- Keep tightly sealed and away from children

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, managing a chronic illness, or taking prescription medication. Not suitable for children unless directed by a healthcare provider.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

0100067261

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Seamoss Africa

Star Anise (Illicium verum) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Star Anise |
|---------------|---|
| Type A | Generally safe in culinary doses; avoid large medicinal doses |
| Type B | Usually tolerated well; monitor for mild digestive sensitivity |
| Type AB | Moderate tolerance; avoid high doses due to possible neurotoxic effects |
| Type O | Sensitive to neurotoxins; avoid high doses or essential oil ingestion |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | Avoid entirely—risk of neurotoxicity from counterfeit star anise |
| Toddlers (1-3y) | Use only under strict professional supervision |
| Children (4–12y) | Use with caution; small culinary amounts generally safe |
| Teenagers (13–18y) | Safe in culinary use; avoid concentrated extracts or oils |

3. General Contraindications

Do **NOT** use Star Anise if you are:

- Pregnant or breastfeeding (lack of safety data)
- Allergic to anise or fennel family plants
- Using neuroactive medications (risk of interaction)
- Taking anticoagulants without medical advice
- Using unregulated or Japanese star anise (toxic species)

4. Drug-Herb Interactions

Drug Class Interaction Notes

Anticoagulants May increase bleeding risk

Neuroactive drugs Potential additive sedative or neurotoxic

effects

Antibiotics/Antifungal Possible mild interaction; monitor closely



5. Medical Conditions to Avoid

Avoid Star Anise if you have:

- Neurological disorders (e.g., epilepsy)
- Bleeding disorders
- Sensitivity to estrogens or hormone-related conditions



1 6. Side Effects & Toxicity

Possible side effects include:

Neurological symptoms (seizures, confusion) if counterfeit or excessive use

- Allergic reactions (skin rash, itching)
- Gastrointestinal upset (nausea, vomiting)
- Potential liver toxicity with prolonged high-dose use

📋 7. Dosage and Storage

Form Recommended Dosage

Dried Star Anise (tea/spice)

1–2 whole stars per cup; up to 2 cups daily

Extract/Tincture Use only under professional guidance; avoid high doses

Essential Oil Not recommended for internal use; dilute thoroughly for topical

- Store in a cool, dry, dark place
- Keep out of reach of children and pets

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Consult a qualified health professional before use—especially if pregnant, nursing, taking medication, or managing a diagnosed condition. Not suitable for children unless prescribed. Use at your own risk.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 0100067261

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Seamoss Africa

Stinging Nettle 100g Herb (Urtica dioica) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally well-tolerated; may support immune and inflammatory balance |
| Type B | Well-tolerated; supportive for detoxification and urinary health |
| Type AB | Safe in moderation; may enhance circulatory benefits |
| Type O | May cause mild water retention; ensure proper hydration |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Not recommended – potential allergen and diuretic effects |
| Toddlers (1–3y) | Use only under professional supervision |
| Children (4–12y) | Safe in small doses for allergies or immunity – professional guidance advised |
| Teenagers (13–18y) | Generally safe for allergies or iron support – monitor dosage |

3. General Contraindications

Do NOT use Stinging Nettle if you are:

- Allergic to nettle or similar plants (e.g., ragweed, marigold)
- Pregnant (may stimulate uterine contractions)
- Using potassium-sparing diuretics without supervision
- Suffering from low blood pressure without monitoring
- Prone to fluid retention from heart or kidney conditions

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------|--|
| Diuretics | May increase diuretic effects and risk of dehydration or electrolyte imbalance |
| Antihypertensives | May enhance blood pressure-lowering effect |
| Antidiabetics | May affect blood sugar control – monitor glucose closely |
| NSAIDs (ibuprofen etc.) | May cause irritation when combined – use with care |
| Lithium | May interfere with excretion – avoid use unless advised by a doctor |



5. Medical Conditions to Avoid

Avoid or use with caution if you have:

- Chronic kidney disease (may worsen fluid balance)
- Heart failure or conditions needing strict fluid control
- Low blood pressure (can intensify hypotension)

- Known allergy to nettle or plants in the Urticaceae family
- Pregnancy (can stimulate uterus)

1 6. Side Effects & Toxicity

Possible side effects:

- Skin irritation (from fresh leaves, not dried herb)
- Upset stomach or mild nausea
- Fluid loss or frequent urination
- Sweating or electrolyte imbalance
- Rash or allergic reaction (rare)

1 Toxicity is low when used properly. Overuse can lead to dehydration and mineral imbalances.



7. Dosage and Storage

Form

Recommended Dosage

Dried Herb (100g) Use 1–2 teaspoons per cup of tea, up to 2–3 times daily Do not exceed 3 cups per day without professional

guidance

- Store in a cool, dry place, away from moisture and direct sunlight
- Keep tightly sealed to preserve potency
- Keep out of reach of children

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a diagnosed medical condition. Not suitable for young children unless advised by a healthcare professional.

Important:

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Contact Information

Seamoss Africa



mww.seamossafrica.co.za



info@seamossafrica.co.za



\(010 006 7261

SEAMOSS AFRICA

Seamoss Africa

Unsukumbili (Hypericum aethiopicum) Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Unsukumbili |
|---------------|---|
| Type A | Generally well-tolerated; monitor for any digestive sensitivity |
| Type B | Typically safe; observe for any unusual reactions |
| Type AB | Use with caution; limited data on specific effects |
| Type O | May experience stronger detox reactions; start with lower doses |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | Not recommended due to lack of safety data |
| Toddlers (1–3y) | Avoid internal use; external application only under professional guidance |
| Children (4–12y) | Use with caution; consult a healthcare provider before use |
| Teenagers (13–18y) | Generally safe in moderate amounts; monitor for any adverse reactions |

3. General Contraindications

Do **NOT** use Unsukumbili if you are:

- Pregnant or breastfeeding (due to insufficient safety data)
- Allergic to plants in the Hypericaceae family
- Taking medications that interact with cytochrome P450 enzymes (e.g., certain antidepressants, anticoagulants, or contraceptives)
- Scheduled for surgery (discontinue use at least 2 weeks prior)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------|--|
| Antidepressants | May potentiate effects; risk of serotonin syndrome |
| Anticoagulants | Potential increased bleeding risk |
| Hormonal contraceptives | May reduce effectiveness |
| Immunosuppressants | May decrease drug levels; monitor closely |



5. Medical Conditions to Avoid

Avoid Unsukumbili if you have:

- Severe depression or bipolar disorder (may exacerbate symptoms)
- **Bleeding disorders** (due to potential anticoagulant effects)
- Autoimmune diseases (may stimulate immune activity)
- Liver conditions (due to potential hepatic enzyme interactions)



1 6. Side Effects & Toxicity

Possible side effects include:

- Gastrointestinal discomfort (nausea, diarrhea)
- Allergic reactions (rash, itching)
- Photosensitivity (increased sensitivity to sunlight)
- Fatigue or dizziness

7. Dosage and Storage

Form **Recommended Dosage**

Dried Herb (tea) 1 teaspoon per cup; steep for 5–10 minutes; up to 2 times daily

Tincture 1–2 ml up to twice daily (under professional supervision)

Topical application Apply diluted extract to affected area; avoid open wounds and

eyes

- Store in a cool, dry place away from sunlight
- Keep tightly sealed and out of reach of children
- Do not exceed recommended dosages without professional advice

📑 8. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 0100067261



Seamoss Gel (Chondrus crispus) Contraindications & Safety Guide

1. General Contraindications

- Do not use if:
 - You have a known allergy to seaweed or iodine.
 - You are pregnant (may affect thyroid function).
 - You have hyperthyroidism (high thyroid activity).

2. Drug-Herb Interactions

- Blood thinners (e.g., warfarin): Seamoss contains vitamin K, which may reduce drug efficacy.
- Thyroid medications (e.g., levothyroxine): High iodine content may alter thyroid levels.
- Diuretics: Seamoss is naturally diuretic; may enhance effects.

3. Known Allergens

- Seaweed/iodine allergies: Risk of rash, swelling, or anaphylaxis.
- Cross-reactivity: People allergic to shellfish or seafood may react to algal compounds.

4. Specific Herb Risks

- Heavy metals: Wild-harvested seamoss may contain arsenic/lead (test batches!).
- Thyroid disruption: Excessive iodine may worsen Hashimoto's or Graves' disease.

5. Dosage Warnings

- Daily limit: ≤2 tbsp (30ml) gel/day. Higher doses may cause iodine overload.
- Start low: 1 tsp/day to assess tolerance.

6. Side Effects

- Common: Mild diarrhea, nausea, or acne (iodine detox).
- Severe: Palpitations, thyroid swelling (goiter) discontinue immediately.

7. Pre-Existing Conditions to Avoid

- Thyroid disorders (hyperthyroidism/Hashimoto's).
- Kidney disease (high potassium content).
- Autoimmune diseases (may stimulate immune activity).

8. Blood Type Suitability

(Note: Blood type diets lack robust evidence, but some traditions suggest:)

- O/A types: May benefit most (alkalizing, mineral-rich).
- B/AB types: Monitor for iodine sensitivity.

9. Special Populations

- Children: Not recommended under 12 (iodine sensitivity).
- Elderly: Monitor potassium levels if on heart meds.
- Surgery patients: Discontinue 2 weeks pre-surgery (bleeding/thyroid risks).

1. Can Children Consume Seamoss?

- Yes, but with strict precautions:
 - o lodine-deficient children: May benefit under medical supervision.
 - Healthy children: Not typically needed (iodine is in iodized salt, dairy, fish).
 - Risk: Excessive iodine harms thyroid development.

2. Age-Specific Recommendations

| Age Group | Recommended? | Max Daily Dosage | Duration |
|-----------|--------------|------------------|----------|
| | | | |

| <1 year | X No | _ | _ |
|------------|---------------------------------|-------------------|-----------|
| 1-3 years | Only if iodine-deficient* | ≤1/4 tsp (1.25ml) | ≤2 weeks |
| 4-12 years | ✓ With doctor's approval | ≤1/2 tsp (2.5ml) | ≤1 month |
| >12 years | Follow adult guidelines | 1 tsp (5ml) | ≤3 months |

^{*}Critical Note: Never supplement iodine without a pediatrician's confirmation of deficiency (urine/blood test).

3. Benefits for Iodine-Deficient Children

- Supports:
 - o Thyroid function (prevents goiter, cognitive delays).
 - o Immune defense (zinc, selenium in seamoss).
- Safer Alternatives: Pediatrician-prescribed iodine drops (more precise dosing).

4. Risks for Healthy Children

- Thyroid Overload: May cause hyperthyroidism or autoimmune thyroiditis.
- Heavy Metals: Kids are more vulnerable to arsenic/lead in wild seamoss.

5. Parental Guidelines

- Before Use:
 - o Test child's urinary iodine levels (lab test).
 - $\circ \quad \hbox{Consult a pediatrician or endocrinologist}.$

- During Use:
 - Monitor for thyroid swelling, hyperactivity, or weight loss.
 - o Discontinue if rashes, diarrhea, or fatigue occurs.

"SAFETY WARNINGS:

- Consult your doctor if you have thyroid issues, take blood thinners, or are pregnant.
- Discontinue if rash, irregular heartbeat, or swelling occurs.
- Not for long-term use (>3 months) without medical supervision."

CHILD SAFETY: Not for children under 12 without medical advice. Excessive iodine may harm thyroid development. Consult a pediatrician before use



ALLERGEN DISCLOSURE STATEMENT

SEAMOSS AFRICA

Our herbal products may contain or come into contact with the following allergens:

- 1. Seaweed/Algae Derivatives (e.g., seamoss, spirulina) Risk for iodine/seaweed allergies.
- 2. Tree Nuts (e.g., coconut oil in infused products).
- 3. Pollen-Related Allergens (e.g., chamomile, echinacea may cross-react with ragweed allergies).
- 4. Soy/Legumes (if using soy-based capsules or carriers).
- 5. Gluten (if products contain wheatgrass or non-certified gluten-free oats).
- 6. Shellfish Cross-Contamination Risk (for ocean-sourced herbs like seamoss harvested near shellfish).

Manufacturing Notes:

- Processed in a facility that also handles [list relevant allergens, e.g., nuts, dairy].
- While we sanitize equipment, cross-contamination is possible.

Customer Guidance:

Always check ingredient lists before use.

- Discontinue use immediately if you experience itching, swelling, or breathing difficulties.
- Consult an allergist if you have severe food/plant allergies.

"ALLERGEN WARNING: Contains seaweed. May contain traces of nuts, gluten, or shellfish due to shared facilities. Not for iodine-allergic individuals."**

🜿 Seamoss Gel Storage, Freshness & Usage Guide

Proper Usage & Hygiene

- Always Use a Clean Spoon:
 - Wash utensils thoroughly before each use to prevent bacterial contamination.
 - Avoid double-dipping (introducing saliva accelerates spoilage).
- Serving Suggestion:
 - Scoop the desired amount with a clean spoon into a separate dish instead of eating directly from the jar.

Storage Instructions

- 1. Refrigeration:
 - Store at 2-8°C immediately after opening.
 - Keep away from the fridge door (temperature fluctuates).
- 2. Freezing:
 - o Portion into ice cube trays for single-use servings.
- 3. Container:
 - Use glass jars with airtight lids (plastic can harbor odors/bacteria).

Shelf Life

- Unopened: 3-4 weeks refrigerated.
- Opened: 2–3 weeks if hygiene protocols are followed.

Spoilage Alerts

- Stop use if you notice:
 - Mold (green/white spots).
 - Unpleasant sour/fishy smell.

• Excessive liquid separation (normal shaking is okay).

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Please note: The shelf life of sea moss gel is one month if unopened. Once opened, it should be consumed within two weeks.

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Seamoss Africa

Black Seed & Elderberries (Nigella sativa + Sambucus nigra) - Capsules **Safety & Contraindications Guide**



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Blend |
|---------------|---|
| Type A | May cause mild digestive discomfort; start with 1 capsule daily |
| Type B | Generally well-tolerated; monitor for immune over-stimulation |
| Type AB | Safe in moderate amounts; monitor for any allergic response |
| Type O | Immune effects may be heightened; begin with lower dose and monitor |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Not recommended; safety unverified |
| Toddlers (1–3y) | Internal use not advised; external herbal remedies under medical advice only |
| Children (4–12y) | Use with caution; consult a healthcare professional |
| Teenagers (13–18y) | Generally safe in moderate doses; monitor for digestive upset or allergy |

3. General Contraindications

Do NOT use this blend if you are:

- Pregnant or breastfeeding (Black Seed may induce uterine contractions; Elderberries' safety is uncertain in pregnancy)
- Allergic to Nigella sativa or Sambucus species
- **Scheduled for surgery** (discontinue 2 weeks prior)
- Suffering from autoimmune conditions (due to immune-boosting effects)



4. Drug-Herb Interactions

Antihypertensives May lower blood pressure further

Anticoagulants Increased bleeding risk (especially from Black Seed)

Immunosuppressant May reduce effectiveness (due to Elderberry's immune

stimulation)

Diabetic medications May enhance glucose-lowering effects



5. Medical Conditions to Avoid

Avoid this blend if you have:

- Autoimmune diseases (e.g., lupus, RA, MS)
- Low blood pressure (hypotension)
- Bleeding disorders
- Gallbladder disease
- Severe seasonal allergies to berries or pollen

1 6. Side Effects & Toxicity

Possible side effects include:

- Mild gastrointestinal upset (gas, cramps)
- Allergic reactions (itching, rash, shortness of breath)
- Photosensitivity (from Black Seed)
- **Headache or dizziness**

Stop use and consult a medical professional if any severe reaction occurs.

7. Dosage, Capsule Weight & Storage

Form

Recommended Dosage

Capsule

1–2 capsules per day with food or water

Each capsule contains 500 mg total blend (Black Seed + **Elderberry**)

- Do not exceed 2 capsules daily unless advised by a qualified practitioner
- Store in a cool, dry place, tightly closed and away from direct sunlight
- Keep out of reach of children



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health practitioner before using herbal supplements, especially if you are pregnant,

breastfeeding, taking medications, or have any existing health conditions. Not suitable for children under 12 without professional guidance.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

⊯ info@seamossafrica.co.za

**** 010 006 7261

SEAMOSS AFRICA

Seamoss Africa

Bromide Plus (Seamoss + Bladderwrack) - Capsules

Safety & Contraindications Guide

| Blood Type | Sensitivity or Reaction to Bromide Plus |
|---------------|--|
| Type A | May experience mild digestive effects; introduce slowly |
| Type B | Generally well-tolerated; observe for iodine sensitivity |
| Type AB | Typically safe in moderate amounts |
| Type O | May have strong detox reaction; start with lower dose and increase gradually |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | X Not recommended |
| Toddlers (1–3y) | X Internal use not advised; external use only under professional guidance |
| Children (4–12y) | ⚠ Use with caution; professional guidance recommended |
| Teenagers (13–18y) | Generally safe in low to moderate amounts |

Do NOT use Bromide Plus capsules if you are:

- Pregnant or breastfeeding, unless advised by a healthcare provider
- Allergic to iodine, seaweeds, or shellfish
- Taking thyroid medications, especially for hyperthyroidism
- Scheduled for surgery (discontinue 2 weeks prior to reduce bleeding risk)

4. Drug-Herb Interactions

Drug Class Interaction Notes

Thyroid May interfere with thyroid function due to high iodine content

medications

Anticoagulants Potential bleeding risk due to natural blood-thinning effects

Diuretics May cause electrolyte imbalance

Lithium May reduce drug effectiveness (due to iodine interaction)



5. Medical Conditions to Avoid

Avoid this product if you have:

- Hyperthyroidism or Graves' disease
- lodine sensitivity or allergy
- **Kidney disease** (due to potential buildup of minerals)
- **Bleeding disorders**
- **Electrolyte imbalance**



1 6. Side Effects & Toxicity

Possible side effects include:

- Nausea or mild digestive discomfort
- Allergic reaction (rash, hives, itching)
- lodine overdose symptoms: metallic taste, salivation, or swollen salivary glands
- Thyroid imbalance with long-term high doses

Reduce dose or discontinue use if any adverse symptoms occur.

1 7. Dosage, Capsule Weight & Storage

Form Recommended Dosage

Capsule 1–2 capsules daily with food or water

Each capsule contains 500 mg total blend (Seamoss + Bladderwrack)

- Do not exceed **2 capsules daily** unless professionally advised
- Store in a cool, dry place, tightly closed and away from moisture and sunlight
- Keep out of reach of children

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare professional before use—especially if pregnant, breastfeeding, taking chronic medication, or managing a thyroid or kidney condition. Not suitable for children under 12 without professional oversight.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 010 006 7261



Seamoss Africa

Cancer Support – Capsules

(Cancer Bush, Black Seed, Soursop & Devil's Claw)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Formula |
|---------------|---|
| Type A | Generally well-tolerated; may need to monitor for digestive effects |
| Type B | Typically safe; monitor for joint sensitivity from Devil's Claw |
| Type AB | Use with caution; limited data on combined herbal impact |
| Type O | May have strong detox responses; begin with low doses |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | X Not recommended |
| Toddlers (1–3y) | X Not safe internally; external use not advised |
| Children (4–12y) | ⚠ Use under medical guidance only |
| Teenagers (13–18y) | ✓ May use under professional guidance in specific cases |

3. General Contraindications

Do NOT use Cancer Support Capsules if you are:

- Pregnant or breastfeeding (several ingredients may cause uterine stimulation or hormonal changes)
- Allergic to Annonaceae (soursop), Asteraceae, or Scrophulariaceae families
- Scheduled for surgery (discontinue use at least 2 weeks prior)
- **Undergoing chemotherapy** without medical approval (may interact with treatments)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|------------------------|--|
| Chemotherapy drugs | May interfere with or enhance effects—use only with oncologist supervision |
| Anticoagulants | May increase bleeding risk |
| Anti-inflammatory meds | May amplify effects; monitor for stomach or liver stress |
| Immunosuppressants | Soursop and Cancer Bush may stimulate immune activity |
| Antidiabetic drugs | Black Seed may lower blood sugar—monitor closely |



5. Medical Conditions to Avoid

Avoid use if you have:

- **Low blood pressure (hypotension)** Soursop may lower BP further
- Bleeding disorders Black Seed and Devil's Claw may thin blood
- Stomach ulcers or gastritis Devil's Claw may irritate lining
- Autoimmune disorders Cancer Bush and Soursop may overstimulate immunity

• Liver or kidney disease – Use cautiously and under supervision



1 6. Side Effects & Toxicity

Possible side effects include:

- Nausea or stomach discomfort
- Dizziness or light-headedness
- Mild diarrhea or constipation
- Allergic reactions (itching, swelling, rash)
- Increased menstrual flow in sensitive individuals
- Headache or fatigue from detox effects

If any of these occur, reduce dosage or discontinue use and consult a healthcare provider.



7. Dosage, Capsule Weight & Storage

Form

Recommended Dosage

Capsule

1–2 capsules daily with meals

Each capsule contains 500 mg herbal blend

- Do not exceed 2 capsules daily unless prescribed by a healthcare provider
- Store in a **cool**, **dry place** away from sunlight
- Keep **sealed** and out of reach of children



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider before use—especially if pregnant, breastfeeding, on chronic medication, or managing a serious illness like cancer. Not suitable for children unless under direct medical supervision.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).



Contact Information

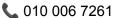
Seamoss Africa



www.seamossafrica.co.za



info@seamossafrica.co.za





Seamoss Africa

Cat's Claw - Capsules

(Uncaria tomentosa)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Cat's Claw |
|---------------|---|
| Type A | Generally well-tolerated; monitor for digestive sensitivity |
| Type B | Typically safe; rare reports of mild immune reactions |
| Type AB | Use cautiously; start with lower dose and observe response |
| Type O | May experience stronger detox or immune response; begin with small dosage |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | X Not recommended |
| Toddlers (1–3y) | X Avoid use |
| Children (4–12y) | ⚠ Use only under healthcare supervision |
| Teenagers (13–18y) | ✓ May use in mild doses for immune support under adult guidance |

3. General Contraindications

Do NOT use Cat's Claw Capsules if you are:

- **Pregnant or breastfeeding** (may stimulate the uterus and affect immunity)
- Allergic to plants in the Rubiaceae family
- Undergoing organ transplants or using immunosuppressant drugs
- Scheduled for surgery discontinue 2 weeks prior to reduce bleeding risk

💊 4. Drug-Herb Interactions

Drug Class Interaction Notes

Immunosuppressant May reduce effectiveness due to immune-enhancing effects

Antihypertensives May enhance blood pressure-lowering effects; monitor for

hypotension

Blood thinners Potential risk of increased bleeding

Antiviral drugs Use cautiously—may alter immune responses to medications



5. Medical Conditions to Avoid

Avoid or use cautiously if you have:

- **Autoimmune disorders** (e.g., lupus, multiple sclerosis, rheumatoid arthritis)
- Bleeding disorders
- Low blood pressure (hypotension)
- Kidney disorders (due to limited data on renal impact)
- Upcoming surgery or dental procedures



↑ 6. Side Effects & Toxicity

Possible side effects include:

- Headache
- Dizziness or lightheadedness
- Gastrointestinal discomfort (nausea, diarrhea)
- Allergic reactions (itching, rash)
- Hypotension (low blood pressure) in sensitive individuals

Discontinue use if side effects occur or persist.



7. Dosage, Capsule Weight & Storage

Form

Recommended Dosage

Capsule

1–2 capsules daily, preferably with meals

Each capsule contains 500 mg of Cat's Claw powder

- Do not exceed 2 capsules per day unless advised by a healthcare provider
- Store in a cool, dry place, away from heat and sunlight
- Keep sealed and out of reach of children



📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking

medication, or managing a chronic medical condition. Not suitable for children unless prescribed by a professional.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

⊯ info@seamossafrica.co.za

**** 010 006 7261

Seamoss Africa

Cayenne Pepper - Capsules

(Capsicum annuum)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Cayenne Pepper |
|---------------|---|
| Type A | Use with caution; may irritate sensitive digestive systems |
| Type B | Generally well-tolerated in moderate doses |
| Type AB | Start with low doses; may be sensitive to spicy compounds |
| Type O | Typically well-tolerated; can benefit from metabolism and circulation boost |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | X Not recommended |
| Toddlers (1–3y) | X Avoid use |
| Children (4–12y) | ⚠ Use only with professional guidance; may cause stomach irritation |
| Teenagers (13–18y) | May use in small amounts under adult supervision |

Do NOT use Cayenne Pepper Capsules if you are:

- Pregnant or breastfeeding (may stimulate uterine contractions and pass through breast milk)
- Allergic to peppers or nightshade family (Solanaceae)
- Experiencing gastrointestinal ulcers or inflammatory bowel conditions
- Scheduled for surgery discontinue at least 2 weeks prior due to potential bleeding risk

4. Drug-Herb Interactions

Drug Class Interaction Notes

Anticoagulants May increase bleeding risk (e.g., warfarin, aspirin)

Antihypertensive May interfere with blood pressure medication

ACE Inhibitors May increase risk of cough or irritation

Stimulants May enhance stimulant effects like heart rate

increase



5. Medical Conditions to Avoid

Avoid or use cautiously if you have:

- Peptic ulcers or gastritis
- Irritable bowel syndrome (IBS)
- Hemorrhoids or anal fissures
- Bleeding disorders
- Heart palpitations or arrhythmias



↑ 6. Side Effects & Toxicity

Possible side effects include:

- Stomach irritation or burning sensation
- Heartburn or acid reflux
- Sweating or flushing
- Increased heart rate or palpitations
- Skin irritation if capsules are opened or contents are touched

Discontinue use if side effects occur or worsen.

7. Dosage, Capsule Weight & Storage

Form

Recommended Dosage

Capsule

1 capsule once or twice daily with meals

Each capsule contains 500 mg of Cayenne Pepper powder

- Avoid taking on an empty stomach
- Do not exceed 2 capsules per day unless professionally advised
- Store in a cool, dry place, away from sunlight and moisture
- Keep sealed and out of reach of children



3. Legal & Safety Disclaimer

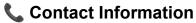
Seamoss Africa Disclaimer:

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qualified health professional before use—especially if pregnant, breastfeeding, on medication, or managing a medical condition. Not suitable for children unless prescribed by a professional.

Important:

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Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 010 006 7261

Seamoss Africa

Clove - Capsules

(Syzygium aromaticum)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Cloves |
|---------------|--|
| Type A | Generally well-tolerated; may benefit from antioxidant effects |
| Type B | Safe; watch for digestive sensitivity in higher doses |
| Type AB | Typically safe; monitor for any unusual reactions |
| Type O | May be slightly stimulating; introduce in small amounts |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | X Not recommended (may irritate digestive system or cause toxicity) |
| Toddlers (1–3y) | X Avoid internal use |
| Children (4–12y) | ⚠ Use only with professional guidance in small amounts |
| Teenagers (13–18y) | Generally safe in moderate doses |

○ 3. General Contraindications

Do NOT use Clove Capsules if you are:

- **Pregnant** (may stimulate uterine contractions in high doses)
- Breastfeeding (limited safety data)
- Allergic to clove or eugenol compound
- Scheduled for surgery discontinue at least 2 weeks prior (may affect blood clotting)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------|--|
| Anticoagulants | May increase bleeding risk (contains natural blood-thinners) |
| NSAIDs | Use with caution; additive blood-thinning effect |
| Diabetes medications | May lower blood sugar; monitor levels closely |

Anticonvulsants High doses may interfere with seizure threshold (rare)



5. Medical Conditions to Avoid

Avoid Clove Capsules if you have:

- Bleeding disorders (clove may reduce clotting)
- Gastrointestinal ulcers or acid reflux (can be irritating)
- Low blood sugar or hypoglycemia
- Seizure disorders (epilepsy) use only under medical supervision



1 6. Side Effects & Toxicity

Possible side effects include:

- Heartburn or digestive discomfort
- Dry mouth or burning sensation
- Allergic reactions (rash, itching, swelling)
- Dizziness or low blood sugar (in high doses)

Avoid overdose—eugenol in clove is potent and can be toxic in large quantities.

7. Dosage, Capsule Weight & Storage

Form

Recommended Dosage

Capsule

1 capsule once or twice daily with meals

Each capsule contains 500 mg of clove powder

- Do not exceed 2 capsules per day without professional advice
- Take with food to avoid stomach irritation
- Store in a cool, dry place, tightly sealed, away from moisture and sunlight
- Keep out of reach of children



8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on medication, or managing a health condition. Not suitable for children unless prescribed by a healthcare provider.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

010 006 7261

Seamoss Africa

Diabetic Support Capsules

(Black Seed Nigella sativa + Soursop Annona muricata)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Diabetic Support Capsules |
|---------------|---|
| Type A | Generally well-tolerated; monitor blood sugar levels closely |
| Type B | Typically safe; observe for any changes in blood glucose or digestion |
| Type AB | Use with caution; limited specific data available |
| Type O | May experience stronger blood sugar regulation effects; start with low dose |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | X Not recommended due to lack of safety data |
| Toddlers (1–3y) | X Avoid internal use |
| Children (4–12y) | ⚠ Use only under medical supervision |
| Teenagers (13–18y) | ✓ May be used cautiously; monitor blood sugar levels |

○ 3. General Contraindications

Do NOT use Diabetic Support Capsules if you are:

- Pregnant or breastfeeding (due to insufficient safety data)
- Allergic to Black Seed, Soursop, or related plants
- Taking blood sugar-lowering medications without medical supervision
- Experiencing low blood sugar (hypoglycemia) frequently
- Scheduled for surgery (discontinue use at least 2 weeks prior)

4. Drug-Herb Interactions

Drug Class

| Diag Olass | interaction Notes |
|--------------|--|
| Antidiabetic | May potentiate effects; risk of hypoglycemia—monitor closely |

medications

Antihypertensives

May enhance blood pressure-lowering effects

Interaction Notes

Soursop may affect immune response—monitor with healthcare **Immunosuppressants**

provider

Blood thinners Black Seed may increase bleeding risk



5. Medical Conditions to Avoid

Avoid Diabetic Support Capsules if you have:

- Hypoglycemia or frequent low blood sugar episodes
- Severe liver or kidney disease
- Autoimmune disorders (due to immune-modulating effects)
- Allergic reactions to herbal ingredients



1 6. Side Effects & Toxicity

Possible side effects include:

- Gastrointestinal upset (nausea, diarrhea)
- Allergic reactions (rash, itching)
- Low blood sugar symptoms (dizziness, sweating, confusion)
- Fatigue or headaches (rare)

7. Dosage, Capsule Weight & Storage

Form

Recommended Dosage

Capsule 1 capsule twice daily with meals

Each capsule contains 400 mg Black Seed + 400 mg Soursop powder

- Do not exceed recommended dosage without professional guidance
- Take with food to reduce gastrointestinal discomfort
- Store in a cool, dry place, sealed tightly, away from sunlight
- Keep out of reach of children

8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on medication, or managing a medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

010 006 7261

Seamoss Africa

Fenugreek Capsules (Trigonella foenum-graecum)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Fenugreek Capsules |
|---------------|---|
| Type A | Generally well-tolerated; may have mild digestive effects |
| Type B | Typically safe; monitor for any digestive or allergic responses |
| Type AB | Use with caution; limited specific data available |
| Type O | Usually safe; start with lower doses to monitor tolerance |



👶 2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | X Not recommended due to lack of safety data |
| Toddlers (1–3y) | X Avoid internal use |
| Children (4–12y) | Use only under medical supervision |
| Teenagers (13–18y) | Generally safe in moderate amounts; monitor for adverse reactions |

○ 3. General Contraindications

Do NOT use Fenugreek Capsules if you are:

- Pregnant or breastfeeding (can stimulate uterine contractions)
- Allergic to fenugreek or related plants (legumes family)
- Taking blood-thinning medications without medical advice
- Diabetic on medication without close monitoring (may lower blood sugar)
- Scheduled for surgery (discontinue at least 2 weeks prior)

💊 4. Drug-Herb Interactions

Drug Class Interaction Notes

Antidiabetic May potentiate hypoglycemic effects; monitor blood sugar levels

medications

Anticoagulants May increase bleeding risk

Hormonal therapies Possible interaction due to phytoestrogen content



5. Medical Conditions to Avoid

Avoid Fenugreek Capsules if you have:

- Bleeding disorders
- Diabetes (unless closely monitored)
- Hormone-sensitive conditions (e.g., breast or uterine cancer)
- Allergies to legumes



1 6. Side Effects & Toxicity

Possible side effects include:

Gastrointestinal discomfort (diarrhea, bloating, gas)

- Allergic reactions (rash, nasal congestion)
- Hypoglycemia symptoms if combined with diabetic drugs
- Maple syrup odor in sweat and urine (harmless)

📋 7. Dosage, Capsule Weight & Storage

Form Recommended Dosage

Capsule 1 capsule (500 mg) twice daily with meals s

- Do not exceed recommended dosage without professional advice
- Take with food to reduce stomach upset
- Store in a cool, dry place away from sunlight
- Keep tightly sealed and out of reach of children

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on medication, or managing a medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za
010 006 7261

Seamoss Africa

Fertility Support Capsules

(Maca Root, Seamoss Powder & Moringa Leaf)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally well-tolerated; monitor for any digestive sensitivity |
| Type B | Typically safe; observe for unusual reactions |
| Type AB | Use with caution; limited specific data available |
| Type O | May experience stronger detox reactions; start with lower doses |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | X Not recommended due to lack of safety data |
| Toddlers (1-3y) | X Avoid internal use |
| Children (4–12y) | |
| Teenagers (13–18y) | Generally safe in moderate amounts; monitor for reactions |

○ 3. General Contraindications

Do NOT use Fertility Support Capsules if you are:

- Pregnant or breastfeeding (insufficient safety data on maca and moringa during pregnancy)
- Allergic to any components (Maca, Seamoss, Moringa)
- Taking thyroid medication (moringa may affect thyroid hormone levels)
- On hormone-sensitive medication or with hormone-sensitive cancers
- Scheduled for surgery (discontinue at least 2 weeks prior)



💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|------------|-------------------|
|------------|-------------------|

Thyroid Moringa may affect thyroid hormone levels; monitor closely medications

Maca may influence hormone levels; use with caution **Hormonal therapies**

Blood pressure May potentiate effects; monitor blood pressure

meds



5. Medical Conditions to Avoid

Avoid Fertility Support Capsules if you have:

- Thyroid disorders (especially hyperthyroidism or hypothyroidism)
- Hormone-sensitive cancers (breast, uterine, ovarian)
- Autoimmune diseases (due to immune stimulation potential)
- Allergies to seaweed or plant-based supplements



1 6. Side Effects & Toxicity

Possible side effects include:

- Mild digestive discomfort (bloating, gas)
- Hormonal changes (mood swings, breast tenderness)
- Allergic reactions (rash, itching)
- Increased heart rate or blood pressure changes (rare)

📋 7. Dosage, Capsule Weight & Storage

Form Recommended Dosage

Capsule 1 capsule (500 mg) twice daily with meals

- Do not exceed recommended dosage without professional advice
- Take with food to reduce stomach upset
- Store in a cool, dry place away from sunlight
- Keep tightly sealed and out of reach of children

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking medication, or managing a medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

U 010 006 7261

Seamoss Africa

Ginger Powder Capsules

(Zingiber officinale)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally well-tolerated; may aid digestion |
| Type B | Typically safe; monitor for any unusual digestive effects |
| Type AB | Use with caution; limited data on specific effects |
| Type O | Generally safe; may experience mild digestive stimulation |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | X Not recommended due to lack of safety data |
| Toddlers (1–3y) | ⚠ Use only under professional guidance |
| Children (4–12y) | ✓ Generally safe in small doses; monitor for reactions |
| Teenagers (13–18y) | ✓ Generally safe |

3. General Contraindications

Do NOT use Ginger Powder Capsules if you are:

- Pregnant or breastfeeding without medical advice (may increase bleeding risk)
- Allergic to ginger or related plants (Zingiberaceae family)
- Taking blood-thinning medications (anticoagulants or antiplatelets)
- Scheduled for surgery (discontinue use at least 2 weeks prior)
- Suffering from gallstones or bile duct obstruction

4. Drug-Herb Interactions

Drug Class Interaction Notes

Anticoagulants May increase bleeding risk; monitor closely

May potentiate effects; monitor blood pressure Antihypertensive

Diabetes meds May lower blood sugar; monitor glucose levels



5. Medical Conditions to Avoid

Avoid Ginger Powder Capsules if you have:

- Bleeding disorders
- Gallbladder disease
- Heart conditions without doctor approval



1 6. Side Effects & Toxicity

Possible side effects include:

Heartburn or acid reflux

- Mild digestive discomfort (gas, bloating)
- Allergic skin reactions (rash, itching)
- Increased bleeding risk

📋 7. Dosage, Capsule Weight & Storage

Form Recommended Dosage

Capsule 1 capsule (500 mg) once to twice daily with meals s

- Do not exceed recommended dosage without professional advice
- Store in a cool, dry place away from sunlight
- Keep tightly sealed and out of reach of children

📑 8. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

\(010 006 7261

Seamoss Africa

Ginger Powder Capsules

(Zingiber officinale)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally well-tolerated; may aid digestion |
| Type B | Typically safe; monitor for any unusual digestive effects |
| Type AB | Use with caution; limited data on specific effects |
| Type O | Generally safe; may experience mild digestive stimulation |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | X Not recommended due to lack of safety data |
| Toddlers (1–3y) | ⚠ Use only under professional guidance |
| Children (4–12y) | Generally safe in small doses; monitor for reactions |
| Teenagers (13–18y) | ✓ Generally safe |

3. General Contraindications

Do NOT use Ginger Powder Capsules if you are:

- Pregnant or breastfeeding without medical advice (may increase bleeding risk)
- Allergic to ginger or related plants (Zingiberaceae family)
- Taking blood-thinning medications (anticoagulants or antiplatelets)
- Scheduled for surgery (discontinue use at least 2 weeks prior)
- Suffering from gallstones or bile duct obstruction

4. Drug-Herb Interactions

Drug Class Interaction Notes

Anticoagulants May increase bleeding risk; monitor closely

May potentiate effects; monitor blood pressure Antihypertensive

Diabetes meds May lower blood sugar; monitor glucose levels



5. Medical Conditions to Avoid

Avoid Ginger Powder Capsules if you have:

- Bleeding disorders
- Gallbladder disease
- Heart conditions without doctor approval



1 6. Side Effects & Toxicity

Possible side effects include:

Heartburn or acid reflux

- Mild digestive discomfort (gas, bloating)
- Allergic skin reactions (rash, itching)
- Increased bleeding risk

📋 7. Dosage, Capsule Weight & Storage

Form Recommended Dosage

Capsule 1 capsule (500 mg) once to twice daily with meals s

- Do not exceed recommended dosage without professional advice
- Store in a cool, dry place away from sunlight
- Keep tightly sealed and out of reach of children

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking medication, or managing a medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

\(010 006 7261



Seamoss Africa

Golden Milk Capsules

(Turmeric, Black Pepper, Ginger, Cinnamon)

Safety & Contraindications Guide

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Generally well tolerated; monitor for acid reflux or heat sensitivity |
| Type B | Safe in moderate amounts; monitor blood pressure if cinnamon is included |
| Type AB | Typically safe; observe for any digestive discomfort |
| Type O | Can enhance metabolism; watch for potential stomach irritation due to black pepper |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Not recommended |
| Toddlers (1–3y) | Avoid internal use; not enough safety data |
| Children (4-12y) | Use with caution under supervision |
| Teenagers (13–18y) | Generally safe in small doses |

3. General Contraindications

Avoid Golden Milk Capsules if you are:

- Pregnant (high doses of turmeric can stimulate uterine contractions)
- On blood-thinning medication (turmeric, ginger, and cinnamon may enhance bleeding risk)
- Scheduled for surgery (discontinue at least 2 weeks prior)
- Experiencing gallbladder issues or kidney stones (turmeric may aggravate symptoms)
- Diagnosed with GERD (turmeric and black pepper may increase reflux)

4. Drug-Herb Interactions

Drug Class Interaction Notes

Anticoagulants/Antiplatelets May increase bleeding risk

Antacids / GERD medications May worsen reflux symptoms

Diabetes medications May lower blood sugar—monitor closely

May enhance effects of hypotension Blood pressure meds



5. Medical Conditions to Avoid

Avoid if you have:

- Active ulcers or gastritis
- Gallstones or gallbladder disease
- Bleeding disorders
- Severe acid reflux
- Hormone-sensitive conditions (if the blend includes ashwagandha or cinnamon)



1 6. Side Effects & Toxicity

Possible side effects include:

- Stomach upset or acid reflux
- Increased bleeding tendency
- Dizziness or light-headedness (if taken in excess)
- Allergic reactions (rash, itching, swelling)

📋 7. Dosage and Storage

Form

Recommended Dosage

Capsule (500mg) 1–2 capsules, once or twice daily with food

- Store in a cool, dry place away from sunlight
- Keep tightly sealed and out of reach of children
- Do not exceed recommended dosage without medical advice



📑 8. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 010 006 7261

Seamoss Africa

Goldenseal Capsules

(Hydrastis canadensis)

Safety & Contraindications Guide

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Use with caution; may cause digestive sensitivity |
| Type B | Generally well-tolerated; monitor for signs of fatigue or low blood pressure |
| Type AB | Mild and safe in small doses; avoid prolonged use |
| Type O | May be stimulating; begin with a low dose and monitor for reactions |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Not recommended – risk of toxicity |
| Toddlers (1–3y) | Avoid – not considered safe |
| Children (4-12y) | Use only under strict professional guidance |
| Teenagers (13–18y) | Use short-term and in moderate doses; avoid long-term use |

Do NOT use Goldenseal if you are:

- Pregnant or breastfeeding (berberine can cross the placenta and is not considered safe for infants)
- Taking blood pressure medication (may potentiate hypotensive effects)
- Scheduled for surgery (stop at least 2 weeks before)
- Suffering from high blood pressure, heart disease, or epilepsy

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|----------------------------|--|
| Antihypertensives | May intensify effects; monitor blood pressure |
| Blood thinners | May increase risk of bleeding |
| Cytochrome P450 substrates | May affect liver enzyme activity; alters drug metabolism |
| Diuretics | May enhance diuretic effects and electrolyte imbalance |



5. Medical Conditions to Avoid

Avoid if you have:

- High blood pressure
- Heart disease or arrhythmias
- Epilepsy or seizure disorders
- Kidney disease
- Autoimmune diseases (can overstimulate immune function)



1 6. Side Effects & Toxicity

Possible side effects include:

- Digestive upset (nausea, diarrhea)
- Nervousness or anxiety
- Dizziness or headaches
- Low blood pressure
- Increased sensitivity in people with liver disorders
- Long-term use may cause vitamin B deficiencies

1 7. Dosage and Storage

Form

Recommended Dosage

Capsule 1 capsule once or twice daily for short-term use only (5–7 (500mg) days)

- Do not exceed recommended dosage
- Avoid long-term use (not more than 2 weeks continuously)
- Store in a cool, dry place, out of direct sunlight
- Keep out of reach of children

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

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Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

010 006 7261

Seamoss Africa **Hoodia Powder Capsules** (Hoodia gordonii) Safety & Contraindications Guide Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Туре А | May suppress appetite excessively; monitor energy and digestion |
| Type B | Use with caution; may cause mild metabolic imbalance |
| Type AB | Moderately well-tolerated; avoid prolonged use |
| Type O | Generally safe; may cause restlessness or increased thirst |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Strictly not recommended – unsafe |
| Toddlers (1–3y) | Avoid – poses appetite suppression and dehydration risks |
| Children (4-12y) | Not recommended |
| Teenagers (13–18y) | Only under professional advice for weight-specific conditions |

3. General Contraindications

Do NOT use Hoodia if you are:

- Pregnant or breastfeeding (may suppress appetite and reduce nutrient intake)
- Suffering from eating disorders (e.g. anorexia, bulimia)
- Underweight or malnourished
- Dehydrated or have a history of kidney stones
- Scheduled for surgery (can interfere with hunger/satiety cues)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|---|--|
| Appetite suppressants | May amplify anorexic effects – avoid combination |
| Antidiabetics (e.g. insulin, metformin) | May affect blood sugar regulation due to reduced food intake |
| Diuretics | May increase risk of dehydration |
| Stimulants | Potential overstimulation, especially when used together |



5. Medical Conditions to Avoid

Avoid if you have:

- Anorexia or other eating disorders
- Low blood pressure or low blood sugar
- Kidney disease or history of kidney stones
- Liver disease
- Dehydration or electrolyte imbalance

Nutritional deficiencies



1 6. Side Effects & Toxicity

Possible side effects include:

- Dry mouth or thirst
- Dizziness or fatigue
- Nausea or digestive discomfort
- Headache
- Loss of appetite (may lead to nutritional deficits)
- Increased heart rate in sensitive individuals

⚠ Long-term use without supervision may lead to malnutrition, electrolyte imbalance, or mood changes.



7. Dosage and Storage

Form **Recommended Dosage**

Capsule 1 capsule 30-60 minutes before meals, once or twice (500mg) daily

- Do not exceed 2 capsules per day
- Use for **no longer than 4 weeks** without professional monitoring
- Stay hydrated and eat nutrient-dense foods during use
- Store in a cool, dry place, away from sunlight
- Keep out of reach of children



📑 8. Legal & Safety Disclaimer

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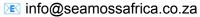


Contact Information

Seamoss Africa



mww.seamossafrica.co.za



\(010 006 7261

Seamoss Africa

Immune Support Capsules

(Sutherlandia frutescens – Cancer Bush & Nigella sativa – Black Seed)

Safety & Contraindications Guide

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Use with caution; may overstimulate immune system or cause digestive upset |
| Type B | Generally tolerated; monitor for signs of fatigue or mild hypotension |
| Type AB | Mild stimulation; safe for short-term immune support |
| Type O | Often well-suited; may have strong response – start with a low dose |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Not recommended – may be too potent and untested in infants |
| Toddlers (1–3y) | Avoid – insufficient safety data |
| Children (4-12y) | Use only under professional supervision for short-term use |
| Teenagers (13–18y) | Safe short-term under supervision during illness |

3. General Contraindications

Do NOT use Immune Support Capsules if you are:

- Pregnant or breastfeeding (may stimulate uterine contractions or affect milk production)
- On immunosuppressant therapy (may reduce drug effectiveness)
- Preparing for surgery (stop 2 weeks prior due to blood thinning and immune effects)
- Diagnosed with autoimmune conditions (e.g., lupus, rheumatoid arthritis, multiple sclerosis) - may worsen symptoms

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------|--|
| Immunosuppressant s | May counteract drug action – avoid |
| Antihypertensives | May enhance hypotensive effects – monitor closely |
| Anticoagulants | Black seed may mildly thin blood – increased bleeding risk |
| Chemotherapy drugs | Consult oncologist before use – can interfere with treatment |
| Diabetes medications | May lower blood sugar – adjust dosage with care |



5. Medical Conditions to Avoid

Avoid if you have:

- Autoimmune diseases (can overstimulate immune function)
- Bleeding disorders or on anticoagulant therapy
- Low blood pressure
- Hormone-sensitive conditions (Cancer Bush has mild phytoestrogenic activity)

Recent organ transplant or suppressed immunity



1 6. Side Effects & Toxicity

Possible side effects include:

- Digestive discomfort (nausea, gas, or cramps)
- Dizziness or lightheadedness (due to blood pressure changes)
- Mild allergic reactions (itchiness or rash)
- Liver sensitivity with high doses over time
- Mood changes (Cancer Bush may mildly affect mood or cause restlessness in some)

Prolonged high-dose use may lead to liver enzyme imbalances – avoid excessive long-term use.

7. Dosage and Storage

Form

Recommended Dosage

Capsule 1 capsule once or twice daily during immune challenges or seasonal (500mg) transitions

- Do not exceed 2 capsules daily
- Not intended for long-term continuous use beyond 3 weeks
- Store in a cool, dry place, out of direct sunlight
- Keep out of reach of children

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a diagnosed medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

\(010 006 7261

Seamoss Africa Kelp Powder Capsules (Ascophyllum nodosum / Laminaria spp.) Safety & Contraindications Guide

Capsule Weight: 500mg

1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally well-tolerated; may benefit thyroid support |
| Type B | Use with caution; monitor for signs of fatigue or changes in metabolism |
| Type AB | Mild and typically safe; monitor iodine levels |
| Type O | Often beneficial due to higher iodine needs; start with low dose |
| | |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | Not recommended – high iodine content not suitable |
| Toddlers (1–3y) | Avoid unless professionally advised |
| Children (4-12y) | Only under medical supervision; monitor thyroid function |
| Teenagers (13–18y) | Use short-term and under guidance |



3. General Contraindications

Do NOT use Kelp Capsules if you are:

- Pregnant or breastfeeding (unless prescribed; excess iodine can affect baby's thyroid)
- On thyroid medication (may interfere with levothyroxine or other treatments)
- lodine-sensitive or allergic to seaweed or shellfish
- Diagnosed with hyperthyroidism or thyroid nodules

4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|---------------------------------|---|
| Thyroid medications | May enhance or block effects; monitor TSH and T3/T4 levels |
| Anticoagulants (e.g., warfarin) | May increase risk of bleeding due to vitamin K in some kelp strains |
| Lithium | May worsen side effects or alter drug effectiveness |
| Blood pressure meds | May alter potassium/sodium balance; monitor electrolytes |



5. Medical Conditions to Avoid

Avoid if you have:

- Hyperthyroidism or overactive thyroid
- Hashimoto's thyroiditis (unless advised by a health professional)
- Kidney disease (kelp may affect electrolyte levels)
- Heart disease (excess iodine can influence cardiovascular rhythm)



1 6. Side Effects & Toxicity

Possible side effects include:

- Thyroid imbalance (hypo- or hyperthyroid symptoms)
- Nausea or stomach discomfort
- Headaches or fatigue with excess intake
- Metallic taste or mouth dryness
- High doses over time may cause iodine toxicity

£xcess iodine can suppress thyroid function—avoid taking multiple seaweed-based products simultaneously.

📋 7. Dosage and Storage

Form Recommended Dosage

Capsule 1 capsule once daily; up to 2 capsules for short-term (500mg) use

- Do not exceed 1000mg (2 capsules) per day unless advised
- Avoid long-term continuous use without thyroid monitoring
- Store in a cool, dry place, away from moisture and sunlight
- Keep out of reach of children

📑 8. Legal & Safety Disclaimer

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Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

info@seamossa

010 006 7261

Seamoss Africa

Lantana camara Capsules

(Also known as Wild Sage / Tickberry)

Safety & Contraindications Guide

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | May cause digestive sensitivity—use with caution |
| Type B | Generally tolerated in low doses; monitor liver function |
| Type AB | Mild use only; avoid prolonged intake |
| Туре О | May be stimulating or hepatotoxic in high doses—start low and monitor |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | Strictly contraindicated – high toxicity risk |
| Toddlers (1–3y) | Not safe – may cause liver damage |
| Children (4-12y) | Avoid unless under strict herbalist supervision |
| Teenagers (13–18y) | Use with great caution and for very short-term purposes |

3. General Contraindications

Do NOT use Lantana camara capsules if you are:

- Pregnant or breastfeeding (may be toxic to the fetus and infant)
- Suffering from liver disease or impaired liver function
- Allergic to plants in the Verbenaceae family
- Taking other hepatotoxic herbs or medications

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|---------------------|---|
| Hepatotoxic drugs | Risk of compounded liver toxicity |
| Immunosuppressant s | May interfere with immune modulation |
| Anticonvulsants | May lower seizure threshold or alter drug effectiveness |
| Antibiotics | May affect liver metabolism or increase side effects |



5. Medical Conditions to Avoid

Avoid if you have:

- Liver disorders or elevated liver enzymes
- Autoimmune diseases (may provoke immune response)
- History of seizures or neurological conditions
- Gastrointestinal ulcers (can cause irritation)



1 6. Side Effects & Toxicity

Possible side effects include:

- Liver toxicity (especially in large doses or prolonged use)
- Nausea, vomiting, diarrhea
- Fatigue, drowsiness, dizziness
- Photosensitivity (increased skin sensitivity to sunlight)
- Abdominal pain or discomfort

Toxicity is primarily due to **lantadenes**, compounds that affect liver and bile function. Use with extreme caution.

1 7. Dosage and Storage

Form Recommended Dosage

Capsule 1 capsule once daily for no longer than 5 consecutive (500mg) days

- Do not exceed 1 capsule per day
- Avoid prolonged use (no more than 5–7 days continuously)
- Store in a cool, dry place, away from direct sunlight
- Keep out of reach of children

📑 8. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

010 006 7261

Seamoss Africa Lion's Mane Capsules (Hericium erinaceus) Safety & Contraindications Guide Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Generally well-tolerated; monitor for mild bloating |
| Type B | May cause fatigue or mild skin irritation in rare cases |
| Type AB | Safe in moderate doses; avoid if prone to allergies |
| Туре О | Well-accepted; start with low dose to assess sensitivity |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Not recommended – safety not established |
| Toddlers (1–3y) | Avoid – not tested in this age group |
| Children (4-12y) | Use under supervision only if prescribed |
| Teenagers (13–18y) | May be used short-term for cognitive support with caution |

3. General Contraindications

Avoid Lion's Mane Capsules if you are:

- Allergic to mushrooms or fungi (may cause reactions)
- Taking blood sugar-lowering medication (monitor for hypoglycemia)
- Undergoing immunotherapy (may modulate immune responses)
- Pregnant or breastfeeding without professional advice

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|---------------------|--|
| Antidiabetics | May enhance glucose-lowering effects—monitor closely |
| Immunosuppressant s | May reduce effectiveness due to immune-boosting action |
| Blood thinners | Mild anticoagulant effect—use with caution |
| Anti-anxiety meds | May have additive sedative effects in sensitive users |



5. Medical Conditions to Avoid

Avoid or use with caution if you have:

- Mushroom allergies
- Autoimmune diseases (e.g., lupus, MS, RA)
- Low blood sugar or hypoglycemic conditions
- Asthma (in rare cases may trigger allergic response)



1 6. Side Effects & Toxicity

Possible side effects include:

- Mild digestive upset (gas, bloating)
- Skin itching or rash (allergic reaction)
- Nausea if taken on an empty stomach
- Dizziness or drowsiness (rare)
- Note: Some users report vivid dreams or heightened mental clarity.

1 7. Dosage and Storage

Form Recommended Dosage

Capsule 1–2 capsules daily with food (500mg)

- Avoid exceeding 2 capsules per day unless guided by a healthcare professional
- Best taken in cycles (e.g., 4 weeks on, 1 week off)
- Store in a cool, dry place, out of direct sunlight
- Keep out of reach of children

📑 8. Legal & Safety Disclaimer

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Important:

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 010 006 7261

Seamoss Africa Maca Root Capsules (Lepidium meyenii) Safety & Contraindications Guide Capsule Weight: 500mg

1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Туре А | May cause overstimulation or digestive upset—start slow |
| Type B | Generally well-tolerated; monitor mood/energy fluctuations |
| Type AB | Safe in low to moderate doses; avoid high amounts |
| Type O | Can be energizing—use with care if prone to anxiety |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | Not safe – avoid completely |
| Toddlers (1–3y) | Not recommended |
| Children (4–12y) | Use only under professional supervision |
| Teenagers (13–18y) | Can be used in short durations for hormonal balance or energy support, with caution |

3. General Contraindications

Avoid Maca Root Capsules if you are:

- Pregnant or breastfeeding without medical advice (may affect hormones)
- Suffering from hormone-sensitive conditions like breast, ovarian, or prostate cancer
- Diagnosed with thyroid issues (especially if taking thyroid meds)
- Taking hormone replacement therapy or oral contraceptives

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|--------------------------|---|
| Hormone therapies | May interfere with estrogen/testosterone regulation |
| Thyroid medications | May affect thyroid hormone balance in sensitive users |
| Antidepressants (SSRI) | May cause mood swings when combined (monitor carefully) |
| Hypertension medications | Can alter blood pressure response in rare cases |



5. Medical Conditions to Avoid

Avoid or consult your doctor if you have:

- Hormone-sensitive cancers (e.g., breast, uterine, prostate)
- Endometriosis or PCOS (may aggravate symptoms in some cases)
- Hyperthyroidism or hypothyroidism
- Anxiety disorders (Maca can be stimulating for some individuals)



♠ 6. Side Effects & Toxicity

Possible side effects include:

- Insomnia (especially if taken late in the day)
- Increased heart rate or jitteriness
- Mood swings or irritability
- Digestive discomfort (bloating, nausea)
- Hormonal changes (menstrual irregularities, libido changes)

Note: Long-term safety data is limited—use in cycles if using for extended periods.



1 7. Dosage and Storage

Form **Recommended Dosage**

Capsule 1 capsule once or twice daily with

(500mg) meals

- Best taken in the morning or early afternoon to avoid sleep disturbances
- Do not exceed 1000mg (2 capsules) per day without professional advice
- Store in a cool, dry place away from heat and moisture
- Keep out of reach of children



8. Legal & Safety Disclaimer

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Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

010 006 7261

Seamoss Africa

Monna Banneng Capsules

(Mpesu + Ashwagandha Blend)

Male Sexual Health & Performance Support

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | May cause overstimulation; start with a low dose |
| Type B | Well-tolerated, though may increase fatigue if overused |
| Type AB | Use in small, well-timed doses; monitor heart rate or sleep |
| Type O | Generally safe and energizing; avoid high doses late in the day to prevent sleep disruption |

Guidance



Age Group

2. Children-Specific Contraindications

| 1 · 9 · · · · · · | |
|-----------------------|---|
| Infants (0–12m) | Strictly prohibited |
| Toddlers (1–3y) | Not suitable |
| Children (4-12y) | Not recommended |
| Teenagers (13–18v) | Avoid unless prescribed for a clinical reason by a practitioner |

This formulation is strictly for adult male use only.

3. General Contraindications

Do NOT use Monna Banneng Capsules if you are:

- A woman (especially if pregnant or breastfeeding may alter hormone levels)
- Suffering from hormone-sensitive conditions or prostate enlargement
- Diagnosed with uncontrolled high blood pressure or heart conditions
- Scheduled for surgery (stop 2 weeks prior)
- Experiencing anxiety, restlessness, or insomnia



🂊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------|--|
| Antidepressants (SSRIs) | May interfere with serotonin and dopamine balance |
| Sedatives or sleep aids | Ashwagandha may enhance sedative effects |
| Blood pressure meds | May lower blood pressure; monitor closely |
| Diabetes medications | May lower blood sugar levels; monitor for hypoglycemia |
| Hormonal therapies | Can influence testosterone pathways; avoid if on hormone replacement |



5. Medical Conditions to Avoid

Avoid or consult a healthcare provider if you have:

- Prostate conditions (e.g., BPH or prostate cancer history)
- Cardiovascular disease (may affect blood pressure and heart rate)
- Hyperthyroidism (Ashwagandha may stimulate thyroid activity)

Anxiety or bipolar disorder (can affect mood and energy)

1 6. Side Effects & Toxicity

Possible side effects include:

- Increased heart rate or palpitations
- Insomnia or difficulty sleeping (especially if taken late in the day)
- Headaches, dry mouth, or digestive upset
- Hormonal effects: increased libido, mood shifts
- Rare: overstimulation or aggression when overdosed

Toxicity Risk: Avoid exceeding the recommended dosage—both Mpesu and Ashwagandha are potent adaptogens and stimulants.

7. Dosage and Storage

Form

Recommended Dosage

Capsule (500mg) 1 capsule once or twice daily, preferably in the morning

- Do not take more than 2 capsules per 24 hours
- Avoid using late in the evening to prevent sleep disturbances
- Use in 5-day cycles with 2-day breaks if using for extended periods
- Store in a cool, dry place, away from sunlight
- Keep out of reach of children

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if you are on medication, managing a chronic health condition, or over 50 years of age. Not suitable for women or children.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).



Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

\(010 006 7261

Seamoss Africa

Mosadi Hormone Capsules

(Maca Root + Red Clover + Mugwort)

Female Fertility, Hormonal Balance & Libido Support

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Generally well-tolerated; monitor for signs of bloating or mood swings |
| Туре В | May mildly disrupt hormone cycles; use in low doses initially |
| Type AB | Sensitive to hormonal herbs; start with a small dose and track emotional & menstrual responses |
| Type O | Well-adapted to maca and red clover; avoid excess mugwort in sensitive stomachs |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Not suitable |
| Toddlers (1–3y) | Not suitable |
| Children (4–12y) | Not recommended |
| Teenagers (13–18y) | Use only under strict medical guidance for hormonal conditions |

This product is intended for adult women only.

3. General Contraindications

Do NOT use Mosadi Hormone Capsules if you are:

- Pregnant or breastfeeding (can stimulate uterine contractions)
- Using hormonal contraceptives or hormone replacement therapy (may interfere)
- Diagnosed with hormone-sensitive conditions (e.g., breast, uterine, or ovarian cancer)
- Experiencing heavy menstrual bleeding or irregular cycles without a diagnosis
- Scheduled for surgery (stop 2 weeks before due to possible blood thinning effects)

🂊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|----------------------------------|--|
| Hormonal medications | May counteract or amplify estrogen-like activity |
| Anticoagulants/Blood thinners | Red clover may enhance bleeding risk |
| Sedatives or sleep meds | Mugwort may intensify sedative effects |
| Anticonvulsants | Mugwort may reduce seizure threshold in sensitive individuals |
| Thyroid medications | Maca may influence thyroid function (especially with iodine sensitivity) |



5. Medical Conditions to Avoid

Avoid or use under guidance if you have:

- Hormone-sensitive conditions (e.g., breast or uterine cancer, endometriosis, fibroids)
- Epilepsy or seizure disorders (mugwort may lower seizure threshold)

- Thyroid disorders (especially hyperthyroidism or iodine sensitivity)
- Bleeding disorders or scheduled surgery
- Liver disease (especially if red clover is used long-term)

1 6. Side Effects & Toxicity

Possible side effects include:

- Breast tenderness or changes in menstrual cycle
- Digestive upset, gas, or bloating
- Headaches or mild dizziness
- Allergic reactions (especially to mugwort in sensitive individuals)
- Mood swings or overstimulation with prolonged use

Toxicity Risk:

Avoid long-term continuous use beyond 3 months without cycling or medical advice.



1 7. Dosage and Storage

Form

Recommended Dosage

Capsule (500mg) 1 capsule once or twice daily with food

Do not exceed 2 capsules per 24 hours

- Use in 3-week cycles with a 1-week break each month
- Store in a cool, dry place, away from sunlight
- Keep out of reach of children



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a diagnosed hormone-related condition. Not suitable for children or men.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).



Contact Information

Seamoss Africa



mww.seamossafrica.co.za info@seamossafrica.co.za

**** 010 006 7261

Seamoss Africa Mullein Capsules (Verbascum thapsus) **Lung & Respiratory Support** Capsule Weight: 500mg

1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally well-tolerated; monitor for mucus thinning effects |
| Type B | Mildly drying; increase fluid intake to prevent dehydration |
| Type AB | Safe in moderation; may improve breathing but start with a low dose |
| Type O | May cause slight throat dryness; take with warm fluids to reduce irritation |
| | |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Not recommended in capsule form |
| Toddlers (1–3y) | Not suitable unless prescribed in a different form by a healthcare provider |
| Children (4-12y) | Only under medical guidance; dose should be significantly reduced |
| Teenagers (13–18y) | Generally safe short-term for respiratory support under adult supervision |

3. General Contraindications

Do NOT use Mullein Capsules if you are:

- Allergic to plants in the figwort or snapdragon family
- Experiencing severe respiratory distress without medical supervision
- Diagnosed with significant liver disease (long-term use caution)
- Scheduled for surgery (stop 1 week before due to mucus-thinning properties)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|------------------------|--|
| Diuretics | May increase urination slightly; monitor electrolyte levels if on medication |
| Antihistamines | May reduce effectiveness of mucolytic (mucus-thinning) effect |
| Anti-inflammatory meds | May mildly interact, but generally safe |
| Sedatives | No major interaction but may enhance calming effect |

5. Medical Conditions to Avoid

Avoid or use cautiously if you have:

- Severe liver disease (due to long-term accumulation risk)
- Known plant allergies or hay fever (risk of cross-reactivity)
- Dehydration or dry constitution (mullein can be mildly drying in high doses)



1 6. Side Effects & Toxicity

Possible side effects include:

- Mild throat irritation or dryness
- Loose stools if used in high doses
- Allergic reactions (rare, but possible)
- Drowsiness if combined with calming herbs

Toxicity: Mullein is considered very low in toxicity when used properly. Avoid contaminated sources (wildcrafted improperly may contain fuzz or mold spores).

1 7. Dosage and Storage

Form

Recommended Dosage

Capsule 1 capsule twice daily, after meals, with warm water (500mg)

- Do not exceed 3 capsules per day
- Avoid long-term use beyond 4 weeks without a break
- Store in a cool, dry place
- Keep out of reach of children



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on medication, or managing a diagnosed respiratory condition. Not suitable for infants or toddlers in capsule form.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 010 006 7261

Seamoss Africa

Parasite Cleanser Capsules

(Neem Powder & Lengana)

Natural Antiparasitic & Gut Cleanser

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Neem may cause digestive upset; start with low dose |
| Type B | Generally well-tolerated; monitor for energy dips or blood sugar changes |
| Type AB | Safe in short-term use; avoid prolonged use to prevent liver sensitivity |
| Type O | Lengana may be overly stimulating; start with 1 capsule daily and increase gradually |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Strictly not recommended – risk of toxicity from neem |
| Toddlers (1–3y) | Avoid – sensitive to bitter compounds and potential liver burden |
| Children (4–12y) | Use only under professional supervision in adjusted, mild doses |
| Teenagers (13–18y) | Short-term use is safe; monitor closely for digestive or liver sensitivity |

3. General Contraindications

Do NOT use Parasite Cleanser Capsules if you are:

- Pregnant or breastfeeding (Neem can cause uterine contractions and is unsafe in pregnancy)
- Trying to conceive (Neem may interfere with fertility in both men and women)
- Diagnosed with liver disease or impaired liver function
- Taking immunosuppressants or autoimmune medications (Neem may overstimulate the immune system)
- Scheduled for surgery (stop at least 2 weeks before due to possible blood-thinning effects)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------------|--|
| Antidiabetics | Neem may lower blood sugar—risk of hypoglycemia |
| Immunosuppressants | Neem may reduce effectiveness by stimulating immune function |
| Anticoagulants/Blood thinners | Potential bleeding risk due to neem's effect on clotting |
| Hepatotoxic medications | Caution: Neem and Lengana may place extra burden on liver function |



5. Medical Conditions to Avoid

Avoid use if you have:

- Liver disease or hepatitis
- Autoimmune conditions (e.g., lupus, rheumatoid arthritis, MS)
- Bleeding disorders or are prone to easy bruising

- Fertility concerns or are actively trying to conceive
- Chronic low blood pressure or hypoglycemia

1 6. Side Effects & Toxicity

Possible side effects include:

- Bitter taste or mild nausea
- Abdominal cramping or diarrhea (especially if parasites are present)
- Headaches or dizziness
- Allergic skin reactions (especially with neem)
- Fatigue or low blood pressure
- Long-term overuse may burden the liver

📋 7. Dosage and Storage

Form

Recommended Dosage

Capsule (500mg) 1 capsule twice daily with meals, for up to 7–10 days only

- Cycle: Recommended to follow a 10-day on, 5-day off, then repeat cycle
- Do not exceed 4 capsules per day
- Avoid prolonged daily use beyond 30 days
- Store in a cool, dry place out of sunlight
- Keep out of reach of children



📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking chronic medication, or managing a liver or immune-related condition. Not suitable for children under 12 unless advised by a healthcare professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).



Contact Information

Seamoss Africa



mww.seamossafrica.co.za

info@seamossafrica.co.za

\(010 006 7261

Seamoss Africa

Period Aid Capsules

(African Potato, Red Clover, Soursop & Maca Root)

Hormonal Support & Menstrual Relief

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Generally well-tolerated; may benefit from hormone-balancing effects |
| Type B | Use with moderation; monitor for hormonal mood shifts |
| Type AB | Safe in moderate doses; may enhance menstrual regularity |
| Type O | Start with low dose; soursop may affect blood pressure or digestion in some Type O individuals |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Not recommended – may interfere with hormone development |
| Toddlers (1–3y) | Not safe – contains hormone-active herbs |
| Children (4–12y) | Avoid unless directed by a qualified herbalist or health professional |
| Teenagers (13–18y) | Safe only for menstruating teens under supervision for hormonal support |

3. General Contraindications

Do NOT use Period Aid Capsules if you are:

- Pregnant or breastfeeding (may affect uterine contractions or hormone levels)
- Diagnosed with hormone-sensitive cancers (e.g., breast, ovarian, uterine)
- On hormone replacement therapy or hormonal contraceptives (may interfere with effects)
- Using sedatives or anti-hypertensive medication (due to soursop's potential hypotensive effects)
- Scheduled for surgery (stop at least 2 weeks prior)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-------------------------------|---|
| Blood pressure medications | Soursop may lower blood pressure; monitor closely |
| Anticoagulants/Blood thinners | Red Clover may increase bleeding risk |
| Hormonal treatments | African Potato and Red Clover may interfere with estrogen or progesterone therapy |
| Sedatives | Soursop may enhance sedation or drowsiness |



5. Medical Conditions to Avoid

Avoid or consult your health provider if you have:

- Estrogen-sensitive conditions (e.g., endometriosis, fibroids, hormone-driven cancers)
- Low blood pressure
- Liver dysfunction (some herbs are metabolized through the liver)
- Blood clotting disorders

Autoimmune conditions (African Potato may modulate immune activity)

1 6. Side Effects & Toxicity

Possible side effects include:

- Mild nausea or digestive discomfort
- Drowsiness or lightheadedness (from soursop)
- Breast tenderness or hormonal mood shifts
- Headaches or dizziness
- Possible allergic reaction (especially in those sensitive to plant-based estrogens)

Toxicity Risk: Low when used appropriately and short-term. Long-term high doses are discouraged without professional monitoring.

7. Dosage and Storage

Form **Recommended Dosage** Capsule 1–2 capsules daily, preferably taken after (500mg) meals

- Use for 5–7 days around the menstrual cycle or as needed
- Do not exceed 4 capsules per day
- Store in a cool, dry place, away from heat and sunlight
- Keep away from children

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing hormone-sensitive conditions. Not suitable for children under 13.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

**** 010 006 7261

Seamoss Africa Red Clover Capsules (Trifolium pratense) **Women's Hormonal Support** Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Generally safe; may support hormonal balance |
| Type B | Use with moderation; monitor for hormonal or emotional fluctuations |
| Type AB | Well-tolerated; start with a low dose if using for estrogenic effects |
| Туре О | May interfere with natural hormone rhythm; start with low dose and monitor closely |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Not recommended – may affect hormonal development |
| Toddlers (1–3y) | Not safe – contains phytoestrogens |
| Children (4-12y) | Avoid unless prescribed by a qualified herbal practitioner |
| Teenagers (13–18y) | Use cautiously and only for specific hormonal concerns under professional advice |

3. General Contraindications

Do NOT use Red Clover Capsules if you are:

- Pregnant or breastfeeding (contains estrogen-like compounds)
- On hormone replacement therapy (may interfere with prescribed hormones)
- Diagnosed with estrogen-sensitive conditions (e.g., breast, uterine, or ovarian cancer)
- Due for surgery (stop at least 2 weeks prior due to blood-thinning effect)
- Using hormonal contraceptives or fertility drugs (may reduce effectiveness)

4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|------------|-------------------|
|------------|-------------------|

Blood thinners (e.g., warfarin) May increase risk of bleeding

Hormonal medications May amplify or counteract effects (e.g., HRT, birth control)

NSAIDs or aspirin Combined use may increase bleeding tendency

Chemotherapy drugs May interfere with hormone-sensitive cancer treatments



5. Medical Conditions to Avoid

Avoid or use cautiously if you have:

- Estrogen-sensitive cancers (breast, uterine, ovarian)
- Endometriosis or uterine fibroids
- Blood clotting disorders or history of stroke
- Liver disease (if using long-term)

1 6. Side Effects & Toxicity

Possible side effects include:

- Breast tenderness or swelling
- Menstrual cycle changes or spotting
- Headaches or nausea
- Skin rash or allergic reaction (rare)
- Increased risk of bleeding (especially during menstruation)

Toxicity: Low in toxicity when used short-term and appropriately. Prolonged high doses may pose hormonal imbalance risks.

1 7. Dosage and Storage

Form **Recommended Dosage**

Capsule 1 capsule once or twice daily, preferably after (500mg) meals

- Do not exceed 3 capsules per day
- Take breaks after 4–6 weeks of continuous use
- Store in a cool, dry place away from direct sunlight
- Keep out of reach of children



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking hormone-related medication, or managing a diagnosed hormonal condition. Not suitable for young children.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

010 006 7261

Seamoss Africa Senna Capsules (Senna alexandrina) **Natural Herbal Laxative** Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | May cause cramping or loose stools; start with minimal dose |
| Type B | Generally tolerable; monitor hydration levels |
| Type AB | Use with caution; avoid consecutive use beyond 3–5 days |
| Туре О | Strong response likely; increase fluid intake and start with 1 capsule at night |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0–12m) | Strictly not safe – risk of severe dehydration and electrolyte loss |
| Toddlers (1–3y) | Avoid – may cause dependency and bowel irritation |
| Children (4-12y) | Use only under medical guidance in very low, short-term doses |
| Teenagers (13–18y) | Short-term use only; ensure proper hydration and dietary fiber intake |

3. General Contraindications

Do NOT use Senna Capsules if you are:

- Pregnant or breastfeeding (can stimulate uterine contractions)
- Experiencing abdominal pain, nausea, or vomiting of unknown cause
- Diagnosed with inflammatory bowel conditions (e.g., Crohn's, ulcerative colitis)
- Suffering from dehydration or electrolyte imbalance
- Using other stimulant laxatives (risk of dependency and bowel dysfunction)
- Diagnosed with hemorrhoids or rectal bleeding

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-----------------|--|
| Diuretics | May worsen potassium and fluid loss |
| Corticosteroids | May increase risk of electrolyte imbalance |
| Digoxin | Potentiated toxicity due to low potassium caused by senna |
| Antiarrhythmics | Risk of irregular heart rhythms with electrolyte imbalance |



5. Medical Conditions to Avoid

Avoid use if you have:

- Chronic constipation requiring daily laxatives (may lead to dependency)
- Kidney disease (due to risk of fluid/electrolyte imbalance)
- Heart conditions or arrhythmias
- Electrolyte imbalances (low potassium, magnesium)

- IBS or colitis
- Hemorrhoids or rectal fissures

1 6. Side Effects & Toxicity

Possible side effects include:

- Abdominal cramping or sharp stomach pain
- Diarrhea and dehydration
- Nausea
- Electrolyte loss (especially potassium)
- Urine discoloration (reddish-brown, harmless)
- Dependency with prolonged use (lazy bowel syndrome)

1 7. Dosage and Storage

Form

Recommended Dosage

Capsule 1 capsule at bedtime as needed, not exceeding 2 per (500mg) day

- Use for **short-term relief only** (1–3 days)
- Avoid daily use beyond 5 days consecutively
- Drink plenty of water throughout use
- Store in a cool, dry place away from direct sunlight
- Keep out of reach of children



📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a digestive disorder. Not suitable for children unless under healthcare supervision.

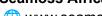
Important:

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Contact Information

Seamoss Africa



mww.seamossafrica.co.za

info@seamossafrica.co.za

**** 010 006 7261

Seamoss Africa Soursop Capsules (Annona muricata)

Natural Antioxidant & Immune Booster

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Generally well-tolerated; monitor for signs of digestive upset |
| Type B | Use with caution; may cause mild fatigue or dizziness |
| Type AB | Mildly sedating; monitor mood and neurological sensitivity |
| Туре О | Can be stimulating or sedating; begin with a low dose and observe response |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Not recommended – potential neurotoxicity in sensitive systems |
| Toddlers (1–3y) | Avoid – safety not established |
| Children (4-12y) | Use only with professional guidance |
| Teenagers (13–18y) | Acceptable in short durations; monitor mood and coordination |

3. General Contraindications

Do NOT use Soursop Capsules if you are:

- Pregnant or breastfeeding (possible uterine stimulation and neurotoxic alkaloids)
- Diagnosed with Parkinson's disease or any neurological condition
- Undergoing radiation or chemotherapy (consult oncologist first)
- Scheduled for surgery (may lower blood pressure and interfere with anesthesia)
- Suffering from low blood pressure (soursop may further decrease BP)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|------------------------------|--|
| Antihypertensives | May amplify blood pressure-lowering effects |
| Antidepressants (esp. MAOIs) | Risk of interaction with natural monoamine oxidase inhibitors in soursop |
| Diuretics | May increase risk of dehydration or hypotension |
| Chemotherapy drugs | May interfere with treatment efficacy; consult healthcare provider |



5. Medical Conditions to Avoid

Avoid if you have:

- Low blood pressure or fainting episodes
- Neurodegenerative diseases (e.g., Parkinson's, MS)
- Liver or kidney impairment
- Depression or anxiety disorders (in high doses may affect neurotransmitter levels)
- Any diagnosed nerve disorder



1 6. Side Effects & Toxicity

Possible side effects include:

- Drowsiness or sedation
- Nausea, vomiting, or digestive discomfort
- Lowered blood pressure or dizziness
- Muscle tremors or stiffness (with prolonged use)
- Neurological symptoms resembling Parkinson's (rare, high-dose/long-term use)

Note: Prolonged or excessive use of soursop may cause nerve toxicity in some individuals.

📋 7. Dosage and Storage

Form **Recommended Dosage**

Capsule 1 capsule once or twice daily for 5-7 days at a (500mg) time

- Avoid prolonged continuous use beyond 2-3 weeks
- Use short-term for immune or detox support
- Store in a cool, dry place, out of direct sunlight
- Keep out of reach of children



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a

qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a diagnosed condition. Not suitable for children unless advised by a healthcare provider.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

**** 010 006 7261



Seamoss Africa

Stress Support - Capsules

(Lion's Mane & Ashwagandha)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Formula |
|---------------|--|
| Type A | Generally well-tolerated; may benefit from calming and cognitive effects |
| Type B | Typically safe; monitor for fatigue or mild overstimulation |
| Type AB | Usually suitable; start with lower dose and monitor effects |
| Type O | May respond strongly to adaptogens; begin with minimal dosage |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | X Not recommended |
| Toddlers (1–3y) | X Avoid use |
| Children (4–12y) | ⚠ Use only under healthcare supervision |
| Teenagers (13–18y) | May use for stress or focus under adult guidance |

3. General Contraindications

Do NOT use Stress Support Capsules if you are:

- Pregnant or breastfeeding (Ashwagandha may influence hormone levels and uterine activity)
- Allergic to mushrooms or nightshade family plants
- Taking sedatives or anti-anxiety medications without consulting a healthcare provider
- Preparing for surgery discontinue at least 2 weeks prior due to possible CNS effects



4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|----------------------------------|---|
| Benzodiazepines | May enhance sedative effects; risk of drowsiness or dizziness |
| Thyroid medications | Ashwagandha may influence thyroid hormone levels |
| Immunosuppressants | Lion's Mane may stimulate immune response |
| Anti-anxiety/antidepressant s | May intensify calming effects—consult your doctor first |



5. Medical Conditions to Avoid

Avoid or use cautiously if you have:

- Hyperthyroidism or thyroid disorders Ashwagandha may affect hormone levels
- Autoimmune conditions Lion's Mane may stimulate immune function
- Severe anxiety or bipolar disorder consult professional before use
- Low blood pressure Ashwagandha may slightly reduce BP



↑ 6. Side Effects & Toxicity

Possible side effects include:

- Mild sedation or drowsiness
- Gastrointestinal discomfort (bloating or nausea)
- Headache or mood swings
- Vivid dreams or altered sleep patterns
- Allergic reactions (rare but possible with mushrooms or herbal extracts)

Discontinue use if side effects persist or worsen.



7. Dosage, Capsule Weight & Storage

Form

Recommended Dosage

Capsule

1–2 capsules daily, preferably in the morning or early

evening

Each capsule contains 500 mg herbal blend

- Do not exceed 2 capsules daily unless directed by a healthcare provider
- Store in a cool, dry place, away from direct light
- Keep **sealed** and out of reach of children



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking medication, or managing a chronic health condition. Not suitable for children unless prescribed by a professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

info@seamossa

010 006 7261

Seamoss Africa Turmeric Capsules (Curcuma longa)

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Generally well-tolerated; monitor for mild digestive sensitivity |
| Type B | Usually safe; watch for rare allergic reactions |
| Type AB | Mild and safe in typical doses |
| Type O | May improve digestion; begin with low dose |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | Not recommended – safety not established |
| Toddlers (1–3y) | Avoid unless prescribed by a healthcare professional |
| Children (4-12y) | Use only under professional supervision |
| Teenagers (13–18y) | Generally safe in moderate doses |



3. General Contraindications

Do NOT use Turmeric Capsules if you are:

- Pregnant or breastfeeding (high doses may not be safe)
- Taking blood thinners (may increase bleeding risk)
- Scheduled for surgery (discontinue at least 2 weeks before)
- Suffering from gallbladder disease or bile duct obstruction
- Having stomach ulcers or acid reflux (may exacerbate symptoms)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|----------------------|--|
| Blood thinners | May increase bleeding risk; consult your healthcare provider |
| Antacids | May alter stomach acidity, affecting absorption |
| Diabetes medications | May lower blood sugar; monitor glucose levels |
| Chemotherapy drugs | Potential interactions; consult oncologist |



5. Medical Conditions to Avoid

Avoid if you have:

- Gallstones or bile duct obstruction
- Bleeding disorders
- Stomach ulcers or chronic acid reflux
- Diabetes (monitor blood sugar carefully)



1 6. Side Effects & Toxicity

Possible side effects include:

- Mild digestive upset (nausea, diarrhea, stomach cramps)
- Allergic skin reactions (rash, itching)
- Increased risk of bleeding in sensitive individuals
- Headaches or dizziness (rare)

📋 7. Dosage and Storage

Form

Recommended Dosage

Capsule (500mg) 1 capsule once or twice daily, preferably with meals

- Avoid exceeding recommended dose
- Do not use continuously for more than 4 weeks without consultation
- Store in a cool, dry place away from direct sunlight
- Keep out of reach of children

8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a diagnosed medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

U 010 006 7261

Seamoss Africa
Guava Leaf Capsules
Psidium guajava
Safety & Contraindications Guide
Capsule Weight: 500mg

1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally well-tolerated; may aid digestion |
| Type B | Safe but monitor for mild constipation |
| Type AB | Well-suited; use moderately |
| Type O | May reduce inflammation; start with moderate dosing |

2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Not recommended – safety not established |
| Toddlers (1–3y) | Avoid unless guided by a healthcare provider |
| Children (4–12y) | Use only under medical supervision |
| Teenagers (13–18y) | May be used short-term under adult supervision |

Do NOT use Guava Leaf if you are:

- Pregnant or breastfeeding (insufficient safety data)
- Undergoing surgery soon (may interfere with blood sugar levels)
- Suffering from chronic constipation (may worsen condition)
- Allergic to guava or members of the Myrtaceae plant family

4. Drug-Herb Interactions

Drug Class Interaction Notes

Antidiabetic medications May enhance blood sugar-lowering effects; monitor glucose

levels

Antibiotics May interfere with effectiveness if taken simultaneously

Antidiarrheal drugs May compound effects and cause constipation

Iron supplements Tannins in guava leaf may reduce iron absorption; take separately



🤵 5. Medical Conditions to Avoid

Avoid if you have:

- Chronic constipation
- Iron-deficiency anemia (take separately from iron)
- Known plant allergies, especially to Myrtaceae family
- Hypoglycemia or blood sugar instability



1 6. Side Effects & Toxicity

Possible side effects include:

- Nausea or stomach upset
- Constipation (especially with overuse)
- Dry mouth or throat
- Reduced iron absorption
- Skin rash or itching (rare allergic reactions)

Guava leaf is generally safe when used short-term, but excessive or long-term use can lead to digestive sluggishness or micronutrient malabsorption.

1 7. Dosage and Storage

| Form | Recommended Dosage |
|--------------------|---|
| Capsule (500mg) | 1 capsule once or twice daily after meals for 5–10 days |

- Do not exceed 2 capsules per day unless advised by a healthcare provider
- Avoid using longer than 2 weeks without breaks
- Store in a cool, dry place, away from moisture and sunlight
- Keep out of reach of children



3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a diagnosed medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

010 006 7261

SEAMOSS AFRICA

Seamoss Africa **Hawthorn Bark Capsules** Crataegus spp. Safety & Contraindications Guide Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Well-tolerated; may support cardiovascular health |
| Type B | Generally safe; monitor for mild dizziness or low blood pressure |
| Type AB | Beneficial in moderation; avoid combining with other heart medications without guidance |
| Type O | May be mildly sedative; begin with a low dose and observe effects |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | Not safe – should not be used |
| Toddlers (1–3y) | Avoid – insufficient research for safe use |
| Children (4–12y) | Use only under strict professional supervision |
| Teenagers (13–18y) | Use cautiously and short-term under adult guidance |

○ 3. General Contraindications

Do NOT use Hawthorn Bark if you are:

- Pregnant or breastfeeding (insufficient safety data)
- Taking prescription heart medications (may amplify or interfere with drug effects)
- Scheduled for surgery (discontinue 2 weeks before)
- Experiencing hypotension (low blood pressure)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|-----------------------------------|---|
| Beta blockers | May enhance effects; monitor heart rate and blood pressure closely |
| Cardiac glycosides (e.g. digoxin) | May increase risk of toxicity; avoid without professional oversight |
| Blood pressure meds | May further lower blood pressure; dose adjustment may be needed |
| CNS depressants or sedatives | May increase drowsiness |



5. Medical Conditions to Avoid

Avoid if you have:

- Low blood pressure
- Bradycardia (slow heart rate)
- Severe heart valve disorders (unless supervised by a cardiologist)
- Electrolyte imbalance
- Upcoming cardiovascular surgery



1 6. Side Effects & Toxicity

Possible side effects include:

- Dizziness or lightheadedness
- Fatigue or drowsiness
- Digestive upset (nausea or stomach cramps)
- Headache
- Irregular heartbeat (in rare or high-dose cases)

Long-term unsupervised use may lead to overly slowed heart rate or interaction complications with cardiac medications.



7. Dosage and Storage

Form **Recommended Dosage** Capsule 1 capsule once or twice daily after meals for 7-14

(500mg) days

- Do not exceed 2 capsules per day unless advised by a healthcare provider
- Avoid long-term continuous use unless professionally monitored
- Store in a cool, dry place, away from heat and light
- Keep out of reach of children



📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a

qualified health professional before use—especially if pregnant, breastfeeding, on chronic medication, or managing a diagnosed medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

**** 010 006 7261



Seamoss Africa

Chebe Hair Food - 125g

Natural Hair Care | Strengthening & Growth | Moisturizing Treatment 100% Natural | Traditional Formula | No Additives

W Product Overview

Chebe Hair Food is a traditional African hair treatment renowned for strengthening hair, reducing breakage, and promoting healthy growth. Made from a blend of natural ingredients inspired by the famous Chadian Chebe powder formula, this hair food deeply nourishes, moisturizes, and protects hair strands, especially beneficial for brittle or chemically treated hair.

Seamoss Africa presents this authentic, additive-free Chebe Hair Food to help you achieve stronger, thicker, and healthier hair naturally.

Key Benefits

Strengthens & Protects

- Reduces hair breakage and split ends
- Forms a protective barrier against environmental damage

Deep Moisturization

- Hydrates dry and brittle hair strands
- Prevents scalp dryness and flakiness

🌿 Promotes Healthy Hair Growth

- Nourishes hair follicles for improved growth
- Helps maintain natural shine and softness

How to Use

- Apply to clean, damp hair focusing on ends and dry areas
- Massage gently into scalp and hair strands
- Use 2–3 times per week or as needed for best results

⚠ Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Have scalp sensitivities or allergies to natural ingredients
- Experience irritation or allergic reactions—discontinue use

♠ Possible Side Effects

• Mild irritation possible in sensitive scalps

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Keep the container tightly closed
- Use within 6 months of opening

Ingredients

Traditional blend of natural oils and herbal extracts based on Chebe formula No preservatives. No additives.

Legal & Safety Disclaimer

This product is a natural hair care treatment. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional if you have scalp conditions or allergies.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za

L Phone: 010 006 7261



Seamoss Africa

Batana Butter - 200ml

Natural Skin & Hair Nourishment | Moisturizer | Healing Butter 100% Pure | Cold-Pressed | Vegan | No Additives

Product Overview

Batana Butter is a rich, natural butter extracted from the nuts of the American oil palm tree, treasured for centuries for its deep moisturizing and healing properties. Known for revitalizing dry skin and hair, it promotes softness, elasticity, and a radiant glow. Ideal for all skin types, especially dry and damaged hair and skin.

Seamoss Africa offers this pure, cold-pressed Batana Butter with no additives, perfect for natural daily care and restoration.

Key Benefits

Intense Moisturization

- Deeply hydrates dry and cracked skin
- Restores moisture balance and skin elasticity

Mair Nourishment & Repair

- Strengthens and softens hair strands
- Helps reduce scalp dryness and flakiness

Healing & Soothing

- Supports healing of minor skin irritations and scars
- Calms inflamed or sensitive skin.

How to Use

- Apply a small amount to skin and massage gently until absorbed
- Use as a leave-in conditioner or hair mask for dry, brittle hair
- Can be applied daily for best results

♠ Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Are allergic to nut-based products
- Experience irritation or allergic reactions—discontinue use

Possible Side Effects

• Rare allergic reactions possible for nut-sensitive individuals

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Keep the container tightly sealed
- Use within 12 months of opening for optimal freshness

Ingredients

100% Pure Cold-Pressed Batana Butter No preservatives. No additives.

Legal & Safety Disclaimer

This product is a natural skin and hair care butter. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional if you have allergies or skin conditions.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

L Phone: 010 006 7261



Seamoss Africa Goat Milk Soap

Natural Skincare | Moisturizing & Gentle | Traditional Soap 100% Natural | Handmade | Vegan | No Additives

W Product Overview

Goat Milk Soap is a gentle and nourishing soap made with fresh goat's milk, prized for its moisturizing properties and skin-friendly nutrients. Rich in vitamins, minerals, and natural fats, this soap cleanses without stripping the skin, leaving it soft, smooth, and hydrated. Ideal for sensitive, dry, or mature skin types.

Seamoss Africa offers this handcrafted, additive-free soap for daily skincare that respects and nurtures your skin's natural balance.

Key Benefits

Moisturizing & Nourishing

- Hydrates and softens skin naturally
- Rich in vitamins A, D, and E to support skin health

Gentle Cleansing

- Cleanses without drying or irritation
- Suitable for sensitive and delicate skin

Skin Soothing

- Helps calm eczema, psoriasis, and other minor skin irritations
- Supports skin barrier restoration

💡 How to Use

- Wet skin and lather soap in hands or on a washcloth
- Apply gently over body or face
- Rinse thoroughly with water
- Use daily for best results

♠ Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Have allergies to dairy or goat milk products
- Experience skin irritation or allergic reactions—discontinue use

Possible Side Effects

Rare allergic reactions possible in sensitive individuals

Storage Instructions

- Store in a dry, well-ventilated soap dish to extend use
- Keep away from direct water flow between uses
- Use within 6 months for optimal freshness

Ingredients

Fresh Goat Milk, Natural Oils (Coconut, Olive, Palm), Natural Lye, Essential Oils (if scented) No preservatives. No additives.

Legal & Safety Disclaimer

This product is a natural skincare soap. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional if you have allergies or skin conditions.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Seamoss Africa Shea Butter – 125g

Natural Moisturizer | Skin & Hair Care | Healing Butter 100% Pure | Unrefined | Vegan | No Additives

Product Overview

Shea Butter is a rich, creamy fat extracted from the nuts of the African shea tree (Vitellaria paradoxa). Known for centuries for its deeply moisturizing and healing properties, shea butter nourishes dry skin, softens rough patches, and promotes skin elasticity. It's also widely used to strengthen and protect hair, soothe irritation, and support skin repair.

Seamoss Africa offers 100% pure, unrefined shea butter sourced sustainably to provide you with natural, potent skin and hair nourishment.

Deep Moisturization

- Hydrates and softens dry, rough, and cracked skin
- Enhances skin elasticity and smoothness

Healing & Soothing

- Helps soothe eczema, dermatitis, and minor skin irritations
- Supports skin repair and reduces redness

Mair Nourishment & Protection

- Conditions and strengthens hair strands
- Helps reduce scalp dryness and flakiness

How to Use

- Apply a small amount to skin or hair and massage gently
- Use daily as a moisturizer, hair mask, or protective balm
- Can be mixed with essential oils or other natural ingredients

♠ Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Are allergic to nut-based products
- Experience irritation or allergic reactions—discontinue use

Possible Side Effects

• Rare allergic reactions possible in nut-sensitive individuals

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Keep the container tightly sealed
- Use within 12 months of opening for best quality

Ingredients

100% Pure Unrefined Shea Butter No preservatives. No additives.

Legal & Safety Disclaimer

This product is a natural skin and hair care butter. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional if you have allergies or skin conditions.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Seamoss Africa Skin Food 125g

Hydrating & Protective | Anti-Inflammatory | Skin Complexion Enhancer 100% Natural | Vegan | No Additives

V Product Overview

Skin Food is a nourishing natural blend specially formulated to hydrate the outer layer of the skin while protecting against irritation and inflammation. Rich in skin-loving nutrients, it supports a healthier, radiant complexion by gently exfoliating dead skin cells and combating oxidative stress. Ideal for sensitive, eczema-prone, and aging skin, this skin food promotes smoothness, fights microbes, and targets fine lines and wrinkles for youthful, glowing skin.

Seamoss Africa brings you this gentle yet effective formula to boost your skin's natural beauty every day.

Key Benefits

Hydration & Protection

- Deeply hydrates the outer skin layer
- Shields skin from irritants and environmental stressors

Anti-Inflammatory & Soothing

- Helps reduce skin inflammation and redness
- Suitable for eczema and sensitive skin

🔆 Complexion & Exfoliation

- Boosts skin complexion by reducing oxidation damage
- Gently exfoliates to reveal smoother, brighter skin

Anti-Microbial Action

• Supports skin health by fighting harmful microbes

Anti-Aging Support

• Targets fine lines and wrinkles to promote youthful skin

How to Use

Apply a small amount to clean skin daily

- Massage gently in circular motions to exfoliate and hydrate
- Use morning and/or evening for best results

⚠ Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Have known allergies to any ingredients
- Experience irritation or allergic reaction—discontinue use

Possible Side Effects

• Mild skin sensitivity or redness may occur in some individuals

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Keep container tightly closed
- Use within 6 months of opening for optimal potency

Ingredients

Natural blend of skin-nourishing oils, botanical extracts, and gentle exfoliants (exact ingredients proprietary)

No preservatives. No additives.

Legal & Safety Disclaimer

This product is a natural skincare supplement and is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional if you have allergies or skin conditions.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Seamoss Africa

Inhlambululo Isiwasho (with Clear Quartz Powder)

Spiritual Cleansing | Crystal-Infused Steam Bath | Protective & Purifying 100% Natural | Wild-Harvested | Vegan | No Additives

Product Overview

Inhlambululo Isiwasho is a traditional African herbal cleansing mix pre-blended with pure **Clear Quartz powder**, the powerful "master healer" crystal. This unique combination is designed for **steam bath use**, providing deep spiritual purification by removing **isinyama** (negative attachments), **amathunzi** (dark shadows), **isidina** (spiritual residue), and **isichitho** (bad luck).

Simply boil and steam with this potent blend to cleanse your body, mind, and spirit—no straining required. Seamoss Africa offers this ready-to-use herbal crystal mix for a transformative cleansing ritual that balances energy and protects against negative forces.

Key Benefits

🛁 Spiritual & Energetic Purification

- Removes spiritual impurities and negative energies
- Clear Quartz amplifies cleansing and energetic balance

Easy Steam Bath Use

- Pre-mixed herbal and crystal blend—no need to strain
- Use the steam to envelop your body for a gentle, full-body cleanse

🌿 Traditional & Crystal Healing Synergy

- Supports emotional clarity, protection, and renewal
- Ideal for ritual cleansing, protection, and spiritual wellness

How to Use

- Add a handful of the mix to boiling water
- Allow steam to rise and gently envelop your body (e.g., sit near the steam or use a tent/cover to trap steam)
- Use for 10-20 minutes per session, 1-3 times weekly or as needed

Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Have respiratory issues or asthma (steam may irritate)
- Are pregnant or breastfeeding—use only with professional guidance
- Experience skin or respiratory irritation—discontinue use

Possible Side Effects

- Mild irritation from steam or herbs in sensitive individuals
- Allergic reactions are rare but possible

Storage Instructions

- Store in a cool, dry place away from moisture and sunlight
- Keep sealed tightly to maintain freshness
- Use within 3 months of opening

Ingredients

Wild-Harvested Traditional African Cleansing Herbs Pure Clear Quartz Powder (Pre-Mixed) No preservatives. No additives.

Legal & Safety Disclaimer

For external steam bath use only. Not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult your healthcare professional before use, especially if pregnant, breastfeeding, or with respiratory conditions.

Contact Us

Seamoss Africa

Website: <u>www.seamossafrica.co.za</u> Email: info@seamossafrica.co.za

L Phone: 010 006 7261



Seamoss Africa

Inyamazane – 50g (External Use Only | Burning Herb)

Spiritual Cleansing | Protective | Calming | Traditional African Herb 100% Natural | Wild-Harvested | Vegan | No Additives

W Product Overview

Inyamazane is a sacred traditional African herb commonly burned as incense for powerful spiritual cleansing and protection. Used for generations, its smoke is believed to **remove bad spirits (ukhipha umoya omubi)**, **calm crying babies**, and shield against spiritual attacks (segateledi). It is also traditionally used to fight witchcraft (ubuthakathi) and negative energies, making it a vital element in African spiritual wellness.

Seamoss Africa provides pure, wild-harvested Inyamazane, ideal for burning during rituals, cleansing ceremonies, or to bring peace and protection into your home.

Key Benefits

Spiritual Cleansing & Protection

- Removes negative energies and bad spirits (ukhipha umoya omubi)
- Shields against spiritual attacks (segateledi) and witchcraft (ubuthakathi)

Calming for Babies

• Helps soothe and calm crying infants through its calming smoke

Y Traditional Use in Rituals

- Essential in cleansing ceremonies and ancestral offerings
- Creates a peaceful, protective environment

Suitable Blood Types

• Safe for all blood types when used externally as incense or smudge

How to Use

- **Burning Herb:** Light a small bundle or pinch and allow the smoke to fill rooms or around individuals for spiritual cleansing
- Smudging: Use to cleanse spaces, objects, or people from negative energies

• Safety: Always burn in a well-ventilated area and keep away from children and pets during burning

Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Have respiratory issues or asthma (smoke may trigger symptoms)
- Are pregnant or breastfeeding—use only in well-ventilated areas
- Experience allergic reactions to smoke

Possible Side Effects

- Mild respiratory irritation in sensitive individuals
- Eye irritation from smoke exposure—avoid direct smoke contact

Storage Instructions

- Store in a dry, airtight container away from sunlight and moisture
- Keep out of reach of children

Ingredients

100% Pure Wild-Harvested Inyamazane Herb (Dried)

No preservatives. No additives

For external use only as incense/smoke. Not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult your healthcare provider if you have respiratory issues or other health concerns.



Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

C Phone: 010 006 7261



Seamoss Africa

Isiwasho Uthingo (with Clear Quartz Powder) 100g

Spiritual Cleansing | Luck & Love Enhancement | Crystal-Infused Ritual Wash 100% Natural | Wild-Harvested | Vegan | No Additives

W Product Overview

Isiwasho Uthingo is a sacred traditional African herbal wash infused with **Clear Quartz powder**, known for its powerful energy amplification and healing. This unique blend is designed to **enhance luck (uvula inhlanhla)**, promote love and likability (**uyathandeka**), foster respect (**uyahlonipheka**), and remove **isichitho** (bad luck or misfortune).

Perfect for spiritual baths or steam rituals, this pre-mixed herbal-crystal blend helps cleanse and uplift your energy, supporting your path to prosperity, harmonious relationships, and personal empowerment.

Key Benefits

Luck & Prosperity Enhancement

- Opens pathways for good fortune (uvula inhlanhla)
- Removes obstacles and bad luck (isichitho)

🧡 Love & Respect Energy

- Increases your likability and charm (uyathandeka)
- Encourages respect from others (uyahlonipheka)

Crystal-Infused Spiritual Cleansing

- Clear Quartz powder amplifies energy cleansing and balances aura
- Supports emotional healing and spiritual renewal

How to Use

- Add a handful of the mix to boiling water
- Use the steam to cleanse your body and aura—no straining needed
- Alternatively, use the infused water as a ritual wash or bath additive
- Use regularly for ongoing spiritual support and energy enhancement

♠ Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Have respiratory issues or skin sensitivities
- Are pregnant or breastfeeding—use only with professional advice
- Experience irritation—discontinue use

Possible Side Effects

- Mild irritation possible from herbs or steam
- Allergic reactions are rare but possible

Storage Instructions

- Store in a cool, dry place away from sunlight and moisture
- Keep sealed tightly to preserve freshness
- Use within 3 months after opening

Ingredients

Wild-Harvested Traditional African Cleansing Herbs Pure Clear Quartz Powder (Pre-Mixed) No preservatives. No additives.

For external steam bath or ritual wash use only. Not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult your healthcare professional before use if pregnant, breastfeeding, or with respiratory or skin conditions.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Seamoss Africa

Blue Salt - 100g

Mineral-Rich | Detoxifying | Alkalizing | Gourmet & Therapeutic 100% Natural | Unrefined | Vegan | Internal & External Use

W Product Overview

Blue Salt, also known as **Persian Blue Salt**, is a rare and mineral-rich crystal salt harvested from ancient salt lakes in Iran. Its unique blue hue is the result of natural potassium mineral formations, making it both visually striking and nutritionally valuable.

At Seamoss Africa, we offer **pure**, **unrefined Blue Salt** that is suitable for **both culinary and wellness use** — perfect for gourmet dishes, detox baths, or skin-soothing scrubs. Whether you want to enhance your cooking or support your body's mineral balance and energetic clarity, Blue Salt is a powerful multi-purpose supermineral.

Key Benefits

Hydration & Electrolyte Balance

- High in potassium, calcium, and magnesium
- Supports fluid balance, nerve function, and muscle recovery

Alkalizing & Detoxifying

- Helps balance body pH and eliminate excess acidity
- May support natural cleansing of the digestive system

🌿 Culinary Flavor Enhancer

- Unique mild-salty, slightly sweet taste
- Enhances salads, roasted vegetables, seafood, or gourmet finishing dishes

🧖 Therapeutic & Skin Benefits

- Detoxifies skin and improves circulation when used in baths
- Gently exfoliates when used in scrubs or soaks

Energetic Cleansing

- Used in spiritual and aura cleansing rituals
- Helps ground, center, and protect the energetic body

Suitable Blood Types

- Type A: Excellent for mineral balancing and immune support
- Type B: Well-suited for nervous system and hydration support
- Type AB: Supports detox and skin rejuvenation
- Type O: Great for electrolyte recovery and digestive pH balance

Phow to Use

A Internal Use

- Use as a finishing salt on cooked foods
- Add a pinch to **lemon water** in the morning for mineral support
- Mix with herbal teas or tonics for gentle alkalizing benefits

External Use

- Bath Soak: Add 2–3 tablespoons to warm water for full-body relaxation
- Foot Soak: Use 1–2 tablespoons in a foot basin to ease fatigue
- Body Scrub: Mix with coconut oil for a natural exfoliant
- Energy Cleanse: Sprinkle around your space or in a spiritual bath
- 🔽 Safe for daily use (in moderation) 🔽 Internal & External Use 🔽 Vegan | Paleo | Gluten-Free

Contraindications & Cautions

Avoid or limit use if you:

- Are on a low-sodium or salt-restricted diet
- Have high blood pressure, kidney issues, or are salt-sensitive
- Have open wounds when using externally
- Are pregnant consult your healthcare provider before use

Possible Side Effects

- Overuse internally may cause water retention or raise blood pressure
- May irritate skin or eyes if not diluted properly
- Temporary tingling in salt baths (normal detox effect)

Storage Instructions

- Keep sealed in a dry, cool place
- Store away from moisture and direct sunlight
- Use within 12 months of opening

Ingredients

100% Pure Persian Blue Mineral Salt No preservatives. No additives. Unrefined. Non-GMO.

⚠ Legal & Safety Disclaimer

This product is a natural salt for **internal and external wellness purposes**. It is not intended to diagnose, treat, cure, or prevent any disease. This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult your healthcare provider if you have a medical condition or dietary restrictions.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Seamoss Africa Sea Salt – 500g

Natural Mineral Salt | Detox & Wellness | Culinary & Therapeutic Use 100% Natural | Hand-Harvested | Vegan | No Additives

Product Overview

Our pure **Sea Salt** is carefully hand-harvested from pristine ocean waters, retaining a rich mineral profile essential for health and wellness. Known for its natural detoxifying and cleansing properties, sea salt is a versatile ingredient used in cooking, skincare, and therapeutic rituals.

Seamoss Africa brings you premium, all-natural sea salt with no additives or preservatives, perfect for enhancing flavor, supporting detox baths, or spiritual cleansing.

Key Benefits

Culinary & Nutritional Support

- Enhances flavor naturally without artificial additives
- Provides essential minerals like magnesium, potassium, and calcium

🛀 Detox & Skin Health

- Supports detoxification through mineral-rich salt baths
- Promotes skin exfoliation and revitalization

Spiritual & Energetic Cleansing

- Used in traditional cleansing rituals to clear negative energies
- Creates protective barriers in spiritual practices

Hydration & Electrolyte Balance

- Helps maintain electrolyte balance for muscle and nerve function
- Supports proper hydration and overall wellness

How to Use

- Culinary: Use in cooking or as a finishing salt to enhance meals
- Baths: Add 1–2 cups to warm bathwater for detox and relaxation
- Skincare: Use as a scrub or in DIY masks to exfoliate and nourish skin
- Spiritual: Sprinkle around spaces or add to cleansing rituals for protection

Contraindications & Cautions

Avoid excessive ingestion if you:

- Have high blood pressure or are on sodium-restricted diets
- Experience skin irritation with salt exposure

Possible Side Effects

- Skin dryness or irritation if used excessively in baths or scrubs
- Excess sodium intake may affect blood pressure

Storage Instructions

- Store in a cool, dry place in a tightly sealed container
- Keep away from moisture to prevent clumping



Ingredients

100% Pure Natural Sea Salt No preservatives. No additives.



Legal & Safety Disclaimer

This product is a natural mineral salt for culinary, therapeutic, and spiritual use. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional before use if you have medical conditions related to sodium intake.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

L Phone: 010 006 7261



Batana Oil - 50ml

100% Pure - For Hair, Scalp & External Use Only

Yes Product Overview

Batana oil is a rich, golden oil derived from the American Oil Palm (*Elaeis oleifera*), traditionally used by the Miskito people of Central America for promoting hair growth, scalp health, and natural shine. Seamoss Africa proudly offers **100% pure Batana oil**, cold-pressed and unrefined, to nourish and restore dry, damaged hair and strengthen the scalp barrier.

Key Benefits

- Stimulates hair growth and thickening
- Restores dry, brittle, or heat-damaged hair
- Soothes dry, itchy scalp and helps reduce flaking
- Enhances natural shine and softness
- Protects hair from breakage and split ends

How to Use

- Hair Treatment: Warm a few drops in hands and massage into scalp and hair 2–3x per week
- **Deep Conditioning:** Apply generously, cover with a shower cap, and leave for 30–60 minutes before rinsing

- Leave-In Shine Oil: Use sparingly on dry hair ends to seal moisture and add luster
- Eyebrows & Beards: Apply a drop daily to encourage growth and thickness

Contraindications & Warnings

Do NOT use Batana oil if:

- You are allergic to palm-based products or tree nuts
- You have active scalp infections or broken skin
- You are prone to severe acne or clogged pores on the face (not recommended for facial skin)

Use with caution if:

- You have a sensitive scalp always do a patch test before first full use
- You are **pregnant or breastfeeding** consult a healthcare provider if unsure
- You are using **essential oils or other actives** with it dilute properly to avoid irritation

Possible Side Effects

- Mild itching or redness if allergic
- Oily buildup if used excessively without washing
- Breakouts if applied on acne-prone areas

Storage Instructions

• Store in a cool, dry place, away from direct sunlight

- Always close lid tightly to preserve freshness
- Use within 6–12 months of opening

Ingredients

100% Cold-Pressed Batana Oil (Elaeis oleifera)

No preservatives. No fragrance. No synthetic additives.

Legal & Safety Disclaimer

This product is **intended for external cosmetic use only**. It is not a medicine and does not replace professional medical advice, treatment, or diagnosis.

Not evaluated by the **South African Health Products Regulatory Authority (SAHPRA)**. Discontinue use if irritation occurs.

Contact Us

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www.seamossafrica.co.za
www.seamossafrica.co.za

L Phone: 010 006 7261



Seamoss Africa

8-Trek Drawing Ointment - 35ml

Traditional Healing | Skin Care | Natural Remedy 100% Natural | Herbal Extracts | No Additives

W Product Overview

8-Trek Drawing Ointment is a time-honored traditional remedy known for its powerful ability to draw out impurities, soothe skin irritations, and promote healing. This herbal ointment combines eight potent plant extracts, carefully blended to support skin health, reduce inflammation, and accelerate recovery from minor wounds, boils, and insect bites.

Seamoss Africa brings you this natural, gentle ointment designed for safe and effective topical use.

汼 Key Benefits

Skin Healing & Care

- Draws out impurities such as splinters, boils, and pus
- Soothes irritated and inflamed skin
- Supports faster healing of minor cuts, insect bites, and rashes

Natural & Gentle

- Made from carefully selected herbal extracts
- Suitable for all skin types, including sensitive skin

How to Use

- Clean the affected area before application
- Apply a thin layer of ointment directly on the skin or wound
- Cover with a clean bandage if needed
- Use 1-2 times daily until healed

Contraindications & Cautions

Avoid or consult a healthcare provider if you:

Are allergic to any of the herbal ingredients

- Have deep or severe wounds requiring medical attention
- Experience irritation or allergic reaction—discontinue use

Possible Side Effects

• Mild skin irritation or redness in sensitive individuals

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Keep the container tightly closed after use
- Use within 6 months of opening for best effectiveness

Ingredients

Herbal extracts blend including traditional healing plants (exact ingredients proprietary) No preservatives. No additives.

Legal & Safety Disclaimer

This product is a natural topical remedy and not a medication. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional for serious wounds or infections.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
www.seamossafrica.co.za
www.seamossafrica.c

**** Phone: 010 006 7261

SEAMOSS AFRICA

Seamoss Africa

Amafutha Wengwenya (Crocodile Lard)

Traditional Animal Lard – For Internal and External Use

Product Overview

Amafutha Wengwenya is a traditional rendered crocodile lard, used in African herbal medicine for both internal and external purposes. Seamoss Africa provides it primarily as an oral traditional remedy, although it may also be used topically.

Traditionally used for:

- Good for scar tissue and internal healing
- Stimulates hair growth (when applied to scalp)
- Used traditionally against idliso (poisoning or spiritual attacks)

1. Blood Type Contraindications

Type A – May struggle with high-fat animal products. Start with low doses or use externally only

Type B – Generally well-tolerated. Observe for digestive sluggishness

Type AB – Moderate usage recommended. Avoid daily internal use

Type O – Well-tolerated. Traditionally supported by animal-fat-based remedies

2. Children-Specific Contraindications

Infants (0–12m): Not recommended Toddlers (1–3y): Avoid internal use

Children (4–12y): Use topically only unless under professional or traditional guidance

Teenagers (13–18y): May use small doses if traditionally guided

3. General Contraindications – Do not use internally if you are:

- Pregnant or breastfeeding
- On a low-fat diet or cholesterol medication
- Living with liver, gallbladder, or fat metabolism disorders
- Diagnosed with heart disease
- Allergic to animal fats

4. Drug-Fat Interactions

Statins (cholesterol meds): May reduce effectiveness Hormonal medications: May influence absorption Fat-soluble vitamins/meds (A, D, E, K): May increase absorption

5. Medical Conditions to Avoid

Do not use internally if you have:

- High cholesterol
- Liver or gallbladder disease
- Pancreatitis
- Fat malabsorption disorders

6. Side Effects & Reactions

- Digestive heaviness or nausea
- Loose or oily stools
- Bloating or burping

• Rare allergic rash (external use)

7. Dosage and Storage

Internal: 1/4 teaspoon once daily for 3-5 days only

External: Apply a small amount to scalp or scar tissue 2–3x per week

Store in a cool, sealed container out of sunlight Refrigeration optional. Do not reheat repeatedly

Keep out of reach of children

8. Legal & Safety Disclaimer

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a health professional before use—especially if pregnant, breastfeeding, or on chronic medication.

This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

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SEAMOSS AFRICA

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This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA).

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Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

Phone: 010 006 7261

SEAMOSS AFRICA

Seamoss Africa Amafutha Wengwenya Capsules / Oil (Crocodile Fat – Traditional Internal Use) For Internal Consumption



Amafutha Wengwenya (Crocodile Oil) is traditionally consumed in small quantities for its rich fatty acid profile, believed to support inflammation reduction, joint lubrication, immune strength, and overall vitality. It is a traditional African remedy used by various indigenous groups.

1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Use with caution; may find animal fats harder to digest |
| Type B | Generally tolerated; monitor for sluggish digestion or fatigue |
| Type AB | Mild; begin with a very low dose to test tolerance |
| Type O | Often compatible due to robust digestion; monitor for any oil-related discomfort |



2. Children-Specific Contraindications

Age Group Guidance

Not recommended – digestive system too immature Infants (0–12m)

| Toddlers (1–3y) | Avoid – insufficient data on safety |
|-----------------------|---|
| Children (4–12y) | Use only under guidance of a traditional health practitioner or healthcare professional |
| Teenagers (13–18y) | Can be used in very small quantities; not to exceed 1 capsule or ¼ tsp per day |

3. General Contraindications

Do **NOT** consume Amafutha Wengwenya if you are:

- Pregnant or breastfeeding (not enough safety data; potential hormonal effects)
- Allergic to animal-derived products
- On a strict vegan/vegetarian diet (ethical or digestive conflict)
- Diagnosed with gallbladder disease or have trouble digesting fats
- Following a low-fat or cholesterol-restricted medical plan

💊 4. Drug-Herb/Fat Interactions

| Drug Class | Interaction Notes |
|-------------------------------|--|
| Statins (cholesterol meds) | May interfere with lipid control; use with professional monitoring |
| Blood pressure meds | High fat content may alter absorption of medication |
| Blood thinners | May slightly increase bleeding tendency (monitor INR if on warfarin) |
| Fat-soluble meds (A, D, E, K) | May enhance absorption; dose adjustment may be needed |

🤵 5. Medical Conditions to Avoid

Avoid internal use if you have:

- Liver disease or elevated liver enzymes
- Gallstones or history of gallbladder attacks
- Pancreatitis
- High cholesterol or heart disease unless cleared by your doctor
- Fat metabolism disorders

1 6. Side Effects & Toxicity

Potential side effects include:

- Nausea or oily taste
- Loose stools or diarrhea if taken in excess
- Burping or stomach upset
- Rare: Allergic reaction (rash, throat irritation)

Note: Overconsumption may burden liver and digestion.

1 7. Dosage and Storage

| Form | Recommended Dosage |
|--------------------|---|
| Liquid Oil | $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon daily with warm water or food (short-term only) |
| Capsule (500mg) | 1 capsule daily, not to exceed 2 per day |

- Do not exceed recommended dose
- Take with food to improve absorption and reduce discomfort

- Store in a cool, dry place (refrigeration optional but extends shelf life)
- Keep out of reach of children

📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider before internal use—especially if pregnant, breastfeeding, taking chronic medication, or managing a medical condition.

Important:

This product has **not** been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

mww.seamossafrica.co.za

info@seamossafrica.co.za

\(010 006 7261

SEAMOSS AFRICA

Seamoss Africa

Camphor Block (Traditional Purification Resin)

For Spiritual, Aromatic & External Use Only

Product Overview

Camphor blocks are waxy, white solids traditionally used in African, Asian, and Indian households for purification, protection, and respiratory support. Seamoss Africa offers camphor blocks as part of traditional healing practices, **for external use only**.

Traditionally used for:

- Spiritual cleansing and space purification
- Protection against negative energies
- Chest rub for colds and flu (diluted in carrier oil)
- Repelling insects
- Enhancing focus during prayer or meditation

1. Blood Type Sensitivity (Aromatic/Topical Use Only)

Type A – Generally well-tolerated when used externally

Type B – Safe in small, occasional use; avoid skin overuse

Type AB – Sensitive to strong scents; use in ventilated space

Type O – Well-tolerated; often aligns with traditional usage

2. Children-Specific Contraindications

Infants (0–12m): **Do not use** – high risk of toxicity via inhalation or skin

Toddlers (1–3y): Avoid use near face or chest

Children (4–12y): Use only in small amounts, in well-ventilated spaces

Teenagers (13–18y): May be used topically when diluted, and for room purification

3. General Contraindications - Do NOT use if you are:

- Pregnant or breastfeeding
- Epileptic (may trigger seizures)
- Asthmatic (can irritate lungs)
- Using medical inhalers
- Allergic to strong scents or menthol-type compounds

4. Drug Interaction Warnings

- Camphor may intensify effects of stimulants
- May interfere with asthma or respiratory medications
- Can reduce effectiveness of sedatives due to stimulant properties

5. Medical Conditions to Avoid

Avoid camphor use if you have:

- Seizure disorders or epilepsy
- Chronic respiratory conditions (e.g., asthma, COPD)
- Skin sensitivity or dermatitis
- History of migraines triggered by scents

6. Side Effects & Toxicity

May cause:

- Dizziness or light-headedness
- Skin irritation or redness
- Headaches from strong scent exposure
- Nausea or vomiting if ingested (toxic never consume)

Warning: Camphor is toxic when ingested. Keep away from mouth and food areas.

7. Usage and Storage

- Burn or dissolve one small block in water to cleanse space
- Rub externally ONLY when dissolved in a carrier oil (never directly on skin)
- Do not inhale vapors directly for prolonged periods
- Store in airtight container away from heat and children
- Never ingest for external/spiritual use only

8. Legal & Safety Disclaimer

This product is not intended to diagnose, treat, cure, or prevent any disease. For external/spiritual use only. Always consult a health professional before use if you have a medical condition or are sensitive to strong scents.

This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

Phone: 010 006 7261



CBD Spray - 30ml

Natural Wellness Support | For External Use Only

Product Overview

Seamoss Africa's **CBD Spray** is a fast-absorbing topical formulated with high-quality cannabidiol (CBD) derived from hemp extract. Designed for external use, this spray supports natural relief from **muscle tension**, **inflammation**, and **stress**, while promoting **calm and balance** in the body through the skin.

No psychoactive effects – contains **0% THC**. **Lab-tested** for purity and potency.

Key Benefits

- Helps relieve sore muscles and joint discomfort
- May reduce topical inflammation and redness
- Supports a sense of calm and relaxation
- Can assist in **restful sleep** when applied before bed
- Non-greasy, fast-absorbing, and easy to apply spray format

Phow to Use

- For Stress Relief: Spray on pulse points (wrists, neck, behind ears) as needed
- For Tension & Pain: Apply 2–3 sprays on sore muscles or joints and gently rub in
- For Sleep Support: Spray on chest, neck, or soles of feet 30 minutes before bedtime
- External use only
- O Do not spray near eyes, mouth, or broken skin

↑ Contraindications & Warnings

Do **NOT** use if you:

- Are pregnant or breastfeeding
- Have allergies to hemp, cannabis, or essential oils
- Have open wounds, broken skin, or active rashes at the site of application
- Are using **blood thinners or medications** that interact with cannabinoids consult your doctor

Use with caution if:

- You have **sensitive skin** always perform a **patch test** before first use
- You have low blood pressure or are using sedatives, as CBD may enhance drowsiness

CBD may interact with:

- Blood thinners (e.g., warfarin)
- Sedatives or anti-anxiety medications

Corticosteroids

Please consult a healthcare provider before use if on chronic medication.

♠ Possible Side Effects

- Mild drowsiness or fatigue
- Slight skin irritation if allergic or sensitive
- Dryness or tingling at the application site
 Discontinue use if you notice irritation or discomfort.

Storage Instructions

- Keep in a cool, dry place, away from direct sunlight and heat
- Store upright with the cap securely closed
- Keep out of reach of children and pets

Ingredients

- Broad-Spectrum CBD Extract (0% THC)
- MCT Oil (Fractionated Coconut Oil)
- Organic Peppermint Oil (for scent and cooling effect)
- Natural Emulsifiers
- Preservative-free

⚠ Legal & Safety Disclaimer

This product is **not intended to diagnose, treat, cure, or prevent any disease**. For **external use only**. Always consult a medical professional before use if pregnant, nursing, or under medical treatment.

This product contains **CBD** (Cannabidiol) extracted from hemp and **does not contain THC**. Not evaluated by the **South African Health Products Regulatory Authority (SAHPRA)**.

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- Have open wounds, broken skin, or active rashes at the site of application
- Are using **blood thinners or medications** that interact with cannabinoids consult your doctor

Use with caution if:

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- You have low blood pressure or are using sedatives, as CBD may enhance drowsiness

CBD may interact with:

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- Sedatives or anti-anxiety medications

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- Preservative-free

☼ Legal & Safety Disclaimer

This product is **not intended to diagnose, treat, cure, or prevent any disease**. For **external use only**. Always consult a medical professional before use if pregnant, nursing, or under medical treatment.

This product contains **CBD** (Cannabidiol) extracted from hemp and **does not contain THC**. Not evaluated by the **South African Health Products Regulatory Authority (SAHPRA)**.

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**** Phone: 010 006 7261



Vimbela - 200ml

Traditional African Immune & Protective Herbal Tonic

For Spiritual & External Use Only

Product Overview

Vimbela is a traditional African herbal tonic used for **spiritual cleansing**, **protection**, and **immune fortification**. Rooted in indigenous practices, Vimbela is often applied to the body or used to wash or anoint spaces as a form of energetic shielding and ritual purification.

This 200ml blend is **for external and spiritual use only** — not for internal consumption.

- Spiritual protection from negative energies or bad luck
- Cleansing the aura and spiritual environment
- Warding off jealousy, envy, and witchcraft
- Creating a protective shield when entering unfamiliar or hostile environments
- Strengthening personal energy and emotional resilience

P How to Use

• Spiritual Bathing: Add 2–3 capfuls to bathwater and soak while praying or meditating

- **Topical Application:** Apply lightly to the neck, wrists, and feet in the morning for protection
- Home Cleansing: Dilute in water and sprinkle at doorways, windows, or rooms for spiritual cleansing
- **Business Blessing:** Use before opening the store or starting work to protect your space energetically



♠ Contraindications & Warnings

Do NOT use if you:

- Have open wounds, cuts, or broken skin
- Are allergic to herbal compounds or sensitive to strong scents
- Are pregnant or breastfeeding (consult a traditional healer or healthcare provider)
- Have chronic skin conditions (eczema, psoriasis) unless patch-tested

Possible Side Effects

- Mild **skin irritation** or sensitivity in rare cases
- Temporary tingling or warming sensation when applied
- Allergic reaction (redness, itching) always patch test before use

👶 Children & Elderly Use

• Children under 3 years: Avoid use

- Children 3–12 years: Use sparingly and always diluted
- Elderly: Safe when used topically with caution

Storage Instructions

- Store in a cool, dry place, away from sunlight
- Shake well before use
- Keep tightly sealed and out of reach of children

Ingredients

Proprietary blend of traditional herbs and spiritual oils, including but not limited to: Imphepho, African sage, camphor extract, holy ash, and spiritually blessed water

(No alcohol, no synthetic fragrances, no preservatives)

This product is intended for spiritual and traditional purposes only.

It is **not a medicine**, nor is it intended to diagnose, treat, cure, or prevent any disease.

This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Always consult a healthcare or traditional practitioner if you are unsure about its use.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Eucalyptus Essential Oil – 10ml

100% Pure Therapeutic-Grade Oil | For Aromatic & Topical Use Only

Product Overview

Seamoss Africa's **Eucalyptus Essential Oil** is steam-distilled from the fresh leaves of the *Eucalyptus globulus* tree. Widely used in African, Ayurvedic, and global traditional medicine, eucalyptus oil is known for its **refreshing aroma**, **respiratory support**, and **cleansing energy**.

Ideal for **steam inhalation**, **massage blends**, **room purification**, **or focus rituals**, this oil is a staple for natural wellness seekers.

Key Benefits

- Opens nasal passages and eases breathing
- Assists with **cold & flu relief** via steam or massage
- Relieves muscle tension and body aches when diluted
- Acts as a natural insect repellent
- Uplifts mood and enhances mental clarity and focus
- Used for spiritual cleansing and energy clearing rituals

P How to Use

- Aromatherapy: Add 3–5 drops to a diffuser or bowl of steaming water
- **Topical Use:** Mix 1–2 drops with a carrier oil and apply to chest, neck, or sore muscles
- Spiritual Use: Add to floor wash, diffuser, or candle during cleansing rituals
- Cold Remedy Rub: Blend with castor oil or coconut oil and rub on chest/back
- For external use only
- O Do not apply undiluted directly to the skin
- O Do not ingest

Contraindications & Warnings

Do NOT use if you:

- Are pregnant or breastfeeding
- Have epilepsy or seizure disorders
- Have **chronic respiratory conditions** (e.g., asthma or COPD)
- Are using **homeopathic remedies** (may reduce their effectiveness)
- Have **sensitive skin** always perform a patch test

Children-Specific Warning

- Infants (0–12 months): Do not use (toxic risk)
- Toddlers (1–3 years): Avoid use near face or in enclosed spaces
- Children (4–12 years): Use in well-ventilated areas, diluted only
- Teens (13+): Safe with dilution and adult supervision

Nossible Side Effects

- Skin irritation or burning if applied undiluted
- Eye irritation if vapors are too concentrated
- Headache or dizziness from overexposure
- Allergic reaction in sensitive individuals

If symptoms occur, discontinue use and consult a healthcare professional.

Storage Instructions

- Keep bottle tightly closed, away from heat and sunlight
- Store in a cool, dark place
- Keep out of reach of children and pets
- Do not store near flames or heat sources

Ingredients

100% Pure Eucalyptus Essential Oil (*Eucalyptus globulus*) Steam-distilled | No additives | No preservatives | Non-GMO

Legal & Safety Disclaimer

This product is intended for **aromatic and topical use only**, not for ingestion.

Not a medicine. Not intended to diagnose, treat, cure, or prevent any disease. **Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).**Always consult your health practitioner before use if you have a medical condition.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Cold Pressed Macadamia Oil - 500ml

100% Pure | Cold-Pressed | Cosmetic & Culinary Grade

Product Overview

Seamoss Africa's **Macadamia Oil** is a light, golden oil extracted from the nuts of the *Macadamia integrifolia* tree using a cold-press method. Rich in essential fatty acids, antioxidants, and skin-loving nutrients, this versatile oil is ideal for **hair, skin, and even culinary** use (if specified food-grade).

Loved for its **non-greasy texture**, high absorbency, and anti-inflammatory properties, Macadamia Oil is a premium natural solution for those seeking **deep hydration**, **nourishment**, and **skin barrier repair**.

Key Benefits

For Skin

- Deeply moisturizes dry, flaky, or aging skin
- Helps repair the skin barrier and improve elasticity
- Non-comedogenic (won't clog pores) ideal for sensitive and acne-prone skin
- Reduces appearance of scars, stretch marks, and fine lines

For Hair

Nourishes dry or heat-damaged hair

- Softens brittle hair and reduces breakage
- Excellent for scalp massage to improve circulation
- Adds natural shine without heaviness

Additional Uses

- Light massage oil or carrier oil for essential oils
- Safe for use in **DIY skin and hair formulations**
- Edible when marked food-grade (rich in healthy fats and mild flavor)*

Note: Check packaging for food-grade certification before ingestion.

How to Use

- Face Oil: Apply 2–4 drops after cleansing, morning or evening
- Hair Mask: Apply generously to hair and scalp before wash day
- Daily Moisturizer: Use as a body oil after showering
- Carrier Oil: Blend with essential oils for massage or topical treatments
- Culinary Use (if food-grade): Use as a salad dressing base or finishing oil
- Suitable for all skin types especially dry, mature, or sensitive For external use unless packaging indicates culinary grade

⚠ Contraindications & Warnings

Avoid if you:

• Have a macadamia nut allergy – may cause skin reactions or anaphylaxis if ingested

- Are using active medicated skin treatments consult a dermatologist before layering
- Are prone to extremely oily skin or scalp use in moderation

Always conduct a patch test before full application.

Possible Side Effects

- Mild irritation in very sensitive individuals
- Rancidity if not stored properly (natural oils degrade over time)
- Allergic reactions in those with **nut allergies**

Storage Instructions

- Store in a cool, dark place, away from sunlight or heat
- Keep lid tightly sealed to avoid oxidation
- Use within **6–12 months** after opening for best potency
- Refrigeration may prolong shelf life (optional)

Ingredients

100% Cold Pressed Macadamia Oil (Macadamia integrifolia)

No additives. No fragrances. No preservatives.

¼ Legal & Safety Disclaimer

For cosmetic use unless labeled otherwise.

Always consult a healthcare or skincare professional before use if you have sensitive skin or known allergies.

This product is not intended to diagnose, treat, cure, or prevent any disease.

Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za
mseamossafrica.co.za

C Phone: 010 006 7261



Cold Pressed Neem Oil

100% Pure | Natural Insecticidal & Skin Remedy | For External Use Only Available in: 100ml | 200ml | 500ml

Product Overview

Seamoss Africa's **Neem Oil** is cold-pressed from the seeds of the *Azadirachta indica* tree, revered in African and Ayurvedic traditions for its powerful **antibacterial**, **anti-inflammatory**, and **antifungal** properties. This nutrient-dense oil has been used for generations to treat skin disorders, scalp issues, and even as a natural pest repellent.

Neem Oil has a strong, distinct scent, indicating its unrefined purity and potency.

Key Benefits

For Skin

- Helps treat eczema, acne, fungal infections, and inflammation
- Assists in healing wounds, scars, and itchy skin conditions
- Acts as a natural antiseptic for minor cuts and abrasions
- Effective against ringworm, athlete's foot, and bacterial breakouts

For Hair & Scalp

- Treats dandruff, lice, and scalp infections
- Promotes a healthier scalp microbiome

• Can be added to shampoos or oils for deep cleansing treatment

Other Uses

- Natural **insect and pest repellent** (safe for plants when diluted)
- Used in **ritual cleansing** and energy protection in traditional medicine
- May be used in **natural pet care** (with guidance and proper dilution)

How to Use

- Spot Treatment: Apply a few drops directly to affected skin (dilute if sensitive)
- **Scalp Treatment:** Mix with castor or coconut oil; massage and leave for 30 mins before washing
- Skin Care Blend: Mix with a carrier oil (e.g., jojoba, olive, or almond) for daily use
- Pest Control (Non-human use): Mix with water and a few drops of dish soap for plant-safe spray
- External use only
- O Do not ingest
- On not apply undiluted to sensitive skin or near mucous membranes

⚠ Contraindications & Warnings

Avoid use if you:

- Are pregnant or breastfeeding
- Have **nut allergies** (due to plant seed origin patch test advised)
- Have extremely **sensitive skin** always dilute
- Have known allergies to **azadirachtin** (active compound in neem)

Possible Side Effects

- Skin irritation, redness, or rash if used undiluted
- Headache or nausea from strong odor in enclosed spaces
- Toxic if **ingested** even small amounts
- May cause allergic reaction in rare cases discontinue use immediately if symptoms appear

👶 Children & Pet Use Guidelines

- Infants (0–12 months): Do not use
- Children (1–12 years): Use only when highly diluted and under supervision
- Pets: May be used externally in diluted form for fleas or skin issues avoid ingestion

Storage Instructions

- Store in a **cool**, **dark place**, away from heat or sunlight
- Oil may solidify at low temperatures place in warm water to liquefy
- Use within 6–12 months for best results
- Keep tightly closed and out of reach of children



Ingredients

100% Cold Pressed Neem Oil (Azadirachta indica)

No additives. No preservatives. Unrefined. Naturally strong scent.

⚠ Legal & Safety Disclaimer

For **external use only**. Not intended for ingestion.

This product is not a medicine and has not been evaluated by SAHPRA.

Not intended to diagnose, treat, cure, or prevent any disease.

Consult a healthcare professional before use, especially if you have a medical condition, sensitive skin, or allergies.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

C Phone: 010 006 7261



100% Pure Tea Tree Essential Oil - 10ml / 20ml / 30ml

Antibacterial | Antifungal | Aromatic & Topical Use Only

Product Overview

Seamoss Africa's **Tea Tree Essential Oil** is steam-distilled from the leaves of the *Melaleuca alternifolia* plant, known for its powerful **antimicrobial**, **anti-inflammatory**, and **antifungal** benefits. Used widely in natural medicine, skin care, and cleansing rituals, tea tree oil is a versatile and potent oil ideal for both personal care and home use.

Key Benefits

For Skin

- Treats acne, blemishes, and breakouts naturally
- Assists in healing cuts, insect bites, and minor infections
- Reduces symptoms of **fungal infections** (athlete's foot, ringworm)

For Hair & Scalp

- Fights dandruff, lice, and itchy scalp
- Purifies hair follicles and promotes a healthy scalp
- May be added to shampoo or carrier oil for treatment

For Air & Surfaces

- Acts as a **natural disinfectant** and purifier when diffused or used in sprays
- Supports immune function through antimicrobial air cleansing
- Commonly used in spiritual practices for energetic cleansing

💡 How to Use

- Topical Spot Treatment: Apply diluted to pimples, bites, or fungal areas
- Hair Care: Add 5–10 drops to shampoo or mix with carrier oil for scalp massage
- Steam Inhalation: Add 2–3 drops to hot water for congestion and sinus relief
- **Diffuser:** Add 5–8 drops to diffuser to purify air and uplift energy
- Natural Cleaning Spray: Mix with water, vinegar, and lemon oil for surface use
- For aromatic and external use only

 Do not ingest or use undiluted directly on skin

🛕 Contraindications & Warnings

Avoid use if you:

- Are **pregnant or breastfeeding** (consult a doctor first)
- Have very sensitive skin or eczema (patch test first)
- Are using it on **children under 6 years** (must be heavily diluted)
- Have known allergies to tea tree or eucalyptus oils

↑ Possible Side Effects

- Skin irritation or dryness if used undiluted
- May cause **burning or stinging** on open wounds
- Toxic if ingested can affect the nervous system
- Possible allergic reactions (redness, rash, itching)

👶 Children & Pet Use Guidelines

- Infants (0-12 months): Do not use
- Children (1–6 years): Use only in heavily diluted form under supervision
- Children (7–12 years): Use with caution, diluted only
- Pets: Not recommended for cats; may be used in extremely diluted form for dogs avoid ingestion

Storage Instructions

- Store in a **cool**, **dark place**, away from direct sunlight
- Keep bottle tightly sealed to prevent oxidation
- Use within **12–18 months** of opening
- Keep out of reach of children and pets

Ingredients

100% Pure Tea Tree Oil (*Melaleuca alternifolia*) Steam distilled. No additives. No preservatives.

⚠ Legal & Safety Disclaimer

This essential oil is for **external use only**. Do not ingest.

Not intended to diagnose, treat, cure, or prevent any disease.

This product has **not been evaluated by the South African Health Products Regulatory Authority (SAHPRA)**.

Always consult with a healthcare provider before use if you are pregnant, nursing, or have a medical condition.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



100% Pure Rosemary Essential Oil - 10ml / 20ml / 30ml

Therapeutic Grade | Steam Distilled | Aromatic & Topical Use Only

Product Overview

Seamoss Africa's **Rosemary Essential Oil** is steam-distilled from the fresh leaves of the *Rosmarinus officinalis* plant. Prized in aromatherapy and traditional healing, this potent oil is known for its **stimulating**, **clarifying**, and **circulation-boosting** properties.

This invigorating oil supports **mental clarity, hair growth, and respiratory relief**, making it a versatile staple in both beauty and wellness routines.

Key Benefits

- For Hair & Scalp
 - Promotes hair growth and follicle stimulation
 - Strengthens roots and reduces dandruff
 - Ideal for oil infusions or scalp massage treatments
- For Mind & Body
 - Enhances mental clarity, memory, and focus
 - Alleviates fatigue and boosts energy
 - Acts as a mild analgesic helps relieve muscle and joint pain when diluted

For Respiratory Support

- Helps relieve congestion, colds, and sinus pressure via steam inhalation
- Antimicrobial properties may assist in air purification when diffused

How to Use

- **Aromatherapy:** Add 5–10 drops to a diffuser for mental clarity and energy
- Hair Care: Mix with castor or coconut oil; apply to scalp 2–3x weekly
- Massage Blend: Dilute in a carrier oil (e.g., almond or olive) for topical muscle relief
- Steam Inhalation: Add 2–3 drops to hot water and inhale vapors for sinus relief
- For external and aromatic use only

 Do not ingest or use undiluted on skin

Avoid use if you:

- Are pregnant or breastfeeding
- Have **epilepsy** or seizure history
- Suffer from **high blood pressure** (consult with a doctor first)
- Are using **homeopathic medications** (may interfere)
- Have **skin sensitivity** always perform a patch test when using topically

♠ Possible Side Effects

- Skin irritation or burning when used undiluted
- Headache or nausea from overexposure in enclosed areas
- Allergic reactions in sensitive individuals (rash, itching, respiratory issues)
- Not safe for ingestion can cause toxicity if swallowed

👶 Children & Pet Safety

- Infants (0–12 months): Do not use
- Children (1–6 years): Avoid direct use; diffuse in well-ventilated areas only
- Children (7–12 years): Use with caution and always diluted
- Pets: Use caution when diffusing near animals; ensure good ventilation

Storage Instructions

- Store in a cool, dry place, away from sunlight
- Keep the cap tightly closed to prevent oxidation
- Use within **12–18 months** of opening for best potency
- Keep out of reach of children and pets

Ingredients

100% Pure Rosemary Essential Oil (*Rosmarinus officinalis*) Steam distilled. No additives. No preservatives.

Legal & Safety Disclaimer

This essential oil is for external use only. Do not ingest.

Not intended to diagnose, treat, cure, or prevent any disease.

This product has **not been evaluated by the South African Health Products Regulatory Authority (SAHPRA)**.

Always consult a healthcare professional before use if you are pregnant, nursing, on medication, or have a medical condition.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za
www.seamossafrica.co.za
www.seamossafrica.co.za

C Phone: 010 006 7261



STI Self Rapid Test Kit - Single Use

Private | Accurate | Fast Results | Easy to Use At-Home Testing | Discreet | CE Certified | No Lab Required

Product Overview

The **STI Self Rapid Test Kit** by Seamoss Africa provides a fast, reliable, and confidential method for screening common sexually transmitted infections (STIs) from the privacy of your home. Designed for ease of use with professional-grade accuracy, this kit delivers results in minutes without the need for a lab visit.

CE-certified and quality-verified, it's ideal for individuals seeking proactive, responsible sexual health management.

Key Features

Accurate Results in Minutes

- Detects specific STI markers (e.g., *Chlamydia*, *Gonorrhea*, or *Syphilis*) depending on the test type
- Delivers results in as little as 10–15 minutes

Private & Confidential

- 100% home-based no appointments or labs needed
- Packaged discreetly with clear instructions

💡 Easy-to-Use Design

- No special training required includes user-friendly instructions
- Comes with all necessary components: sterile swab, buffer solution, test cassette, and dropper

Kit Includes

- 1x Test Cassette
- 1x Sterile Swab
- 1x Buffer Tube with Dropper Cap
- 1x Instruction Leaflet
- 1x Disposal Bag

Suitable For

Men and women

- Sexually active individuals
- Partners wanting peace of mind before intimacy
- Routine STI screening

Important Notes & Cautions

- For single use only
- This is a screening tool confirm positive results with a medical professional
- Do not use if the packaging is damaged or expired
- Not suitable for children or use during menstruation (for certain test types)
- Read instructions carefully before testing

Storage Instructions

- Store in a cool, dry place (2°C 30°C)
- Do not freeze
- · Keep away from direct sunlight and moisture
- Use before expiry date printed on the packaging

Disclaimer & Certification

This product is intended for informational and screening purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Positive or unclear results should be followed up with a licensed healthcare provider.

CE Certified. Not evaluated by SAHPRA. Always practice safe and informed sexual health habits.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Cloves Powder - 100g

Natural Spice | Antimicrobial | Digestive Aid

100% Pure Cloves Powder (Syzygium aromaticum) | Organic | No Additives

Product Overview

Cloves powder is derived from the dried flower buds of the clove tree, prized for centuries for its aromatic, medicinal, and culinary uses. Seamoss Africa's cloves powder is finely ground from premium-quality cloves, offering potent antioxidant and antimicrobial properties, along with a warm, spicy flavor.

Key Benefits

Market Antimicrobial & Antiseptic

- Supports oral health and freshens breath
- May help reduce infections and inflammation

Digestive Health

- Aids in digestion and relieves bloating
- Helps reduce nausea and gas

Cognitive Support

Contains eugenol which may improve brain function and alertness

Pain Relief

Traditional use for toothache and minor aches

Suitable Blood Types

- Type A: Well-tolerated; supports digestion and immune health
- Type B: Compatible; aids in metabolism and respiratory health
- Type AB: Suitable; use moderately for digestive and antimicrobial benefits
- **Type O:** Use cautiously; strong flavor may irritate sensitive stomachs

How to Use

- Add ½ to 1 teaspoon to teas, curries, or baked goods
- Can be mixed with warm water and honey for sore throat relief
- Use as a spice in cooking or herbal remedies

♠ Contraindications & Cautions

Avoid or consult a healthcare provider before use if you:

- Are **pregnant or breastfeeding** (high amounts should be avoided)
- Have bleeding disorders or are on blood thinners (due to eugenol's blood-thinning effects)
- Have sensitive stomach or ulcers
- Are allergic to cloves or other spices

Possible Side Effects

- May cause allergic reactions or irritation in sensitive individuals
- High doses can cause gastrointestinal discomfort
- Possible interaction with anticoagulant medication

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Keep container tightly sealed to preserve aroma and potency
- Use within 6 months after opening for best quality

Ingredients

100% Pure Cloves Powder (Syzygium aromaticum)

Organic, non-GMO, no fillers or additives.

Legal & Safety Disclaimer

This product is a natural supplement and spice, not a medicine.

It is not intended to diagnose, treat, cure, or prevent any disease.

This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Consult a healthcare professional before use if you have any medical condition.



Contact Us

Seamoss Africa



Website: www.seamossafrica.co.za

Email: info@seamossafrica.co.za
Phone: 010 006 7261

SEAMOSS AFRICA

Seamoss Africa

Fertility Support Capsules

(Maca Root, Seamoss Powder & Moringa Leaf)

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|---|
| Type A | Generally well-tolerated; monitor for any digestive sensitivity |
| Type B | Typically safe; observe for unusual reactions |
| Type AB | Use with caution; limited specific data available |
| Type O | May experience stronger detox reactions; start with lower doses |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|---|
| Infants (0-12m) | X Not recommended due to lack of safety data |
| Toddlers (1-3y) | X Avoid internal use |
| Children (4–12y) | Use only under medical supervision |
| Teenagers (13–18y) | Generally safe in moderate amounts; monitor for reactions |

3. General Contraindications

Do NOT use Fertility Support Capsules if you are:

- Pregnant or breastfeeding (insufficient safety data on maca and moringa during pregnancy)
- Allergic to any components (Maca, Seamoss, Moringa)
- Taking thyroid medication (moringa may affect thyroid hormone levels)
- On hormone-sensitive medication or with hormone-sensitive cancers
- Scheduled for surgery (discontinue at least 2 weeks prior)



💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|------------|-------------------|
|------------|-------------------|

Thyroid Moringa may affect thyroid hormone levels; monitor closely medications

Maca may influence hormone levels; use with caution Hormonal therapies

Blood pressure May potentiate effects; monitor blood pressure

meds



5. Medical Conditions to Avoid

Avoid Fertility Support Capsules if you have:

- Thyroid disorders (especially hyperthyroidism or hypothyroidism)
- Hormone-sensitive cancers (breast, uterine, ovarian)
- Autoimmune diseases (due to immune stimulation potential)
- Allergies to seaweed or plant-based supplements



1 6. Side Effects & Toxicity

Possible side effects include:

- Mild digestive discomfort (bloating, gas)
- Hormonal changes (mood swings, breast tenderness)
- Allergic reactions (rash, itching)
- Increased heart rate or blood pressure changes (rare)

📋 7. Dosage, Capsule Weight & Storage

Form Recommended Dosage

Capsule 1 capsule (500 mg) twice daily with meals

- Do not exceed recommended dosage without professional advice
- Take with food to reduce stomach upset
- Store in a cool, dry place away from sunlight
- Keep tightly sealed and out of reach of children

3. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking medication, or managing a medical condition. Not suitable for children unless advised by a healthcare professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

ĭ info@seamossafrica.co.za

U 010 006 7261



Cold Pressed Virgin Castor Oil

Available in: 100ml | 200ml | 500ml

100% Pure | Multipurpose Oil | External Use Only

Product Overview

Seamoss Africa's **Cold Pressed Virgin Castor Oil** is a rich, golden, viscous oil extracted from the castor bean (*Ricinus communis*) using a no-heat, cold-pressing method. Unrefined and chemical-free, this nourishing oil is prized for its powerful **moisturizing**, **healing**, **and strengthening** properties for **hair**, **scalp**, **skin**, **lashes**, **brows**, **and nails**.

A time-honored natural remedy used in African and Caribbean traditional care for **hair growth**, **scalp hydration**, and **skin healing**.

Key Benefits

- Promotes thicker hair and faster hair growth
- Strengthens eyelashes, eyebrows, and beards
- Hydrates dry, flaky scalp and helps reduce dandruff
- Moisturizes dry skin, heels, and cuticles
- Soothes inflammation, blemishes, and minor skin irritation
- Helps reduce the appearance of scars and stretch marks



- Hair Growth Oil: Massage a few drops into the scalp 2–3 times weekly
- Eyebrow & Eyelash Serum: Apply with clean brush or cotton swab daily
- **Beard Care:** Rub a small amount into beard and skin underneath
- Skin Care: Apply directly to dry areas (elbows, heels, hands) as needed
- Castor Oil Pack: Use with warm compress for abdominal wellness (external use only)
- ✓ For external use only✓ Do not apply to broken skin or open wounds

▲ Contraindications & Warnings

Do NOT use if you:

- Are allergic to castor beans or ricinoleic acid
- Have **sensitive skin** and react easily to oils (always patch test first)
- Are using **medicated skin treatments** (consult your doctor first)
- Are pregnant and plan to use castor oil packs only under medical supervision

Not intended for internal use or as a laxative.

Possible Side Effects

- Mild skin irritation, redness, or itching (especially if overused)
- Eye sensitivity if accidentally applied too close to lash line
- May cause breakouts on oily or acne-prone skin if used excessively
- Storage Instructions

- Store in a cool, dry place away from sunlight
- Keep cap tightly closed to prevent oxidation
- Use within 12 months of opening

Ingredients

100% Cold Pressed Virgin Castor Oil (Ricinus communis)

No additives. No preservatives. No fragrances.

This product is intended for external cosmetic use only.

Not a medicine. Not intended to diagnose, treat, cure, or prevent any disease.

Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Keep out of reach of children. Do not ingest.

Product Sizes Available

- 100ml Ideal for personal or facial use
- 200ml Great for regular hair and skin routines
- **500ml** Bulk size for families or frequent users

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Epsom Salt (Magnesium Sulfate) – 100g to 200g

Muscle Relaxation | Detox Bath | External Use Only

Pure, pharmaceutical-grade Epsom Salt for bath, soak, and compresses

Product Overview

Epsom salt is a naturally occurring mineral compound of magnesium and sulfate. Used traditionally for relieving sore muscles, detoxifying the skin, and promoting relaxation, Seamoss Africa offers high-quality, fine-crystal Epsom Salt suitable for external therapeutic use only.

Key Benefits

Muscle & Joint Relief

- Helps relieve sore muscles, cramps, and joint stiffness
- Commonly used after workouts or physically demanding days

Detoxification & Skin Care

- Assists in drawing out toxins through the skin
- May reduce swelling and inflammation
- Soothes dry or itchy skin

Stress Reduction

Magnesium absorbed through the skin may promote calmness and better sleep

Foot Soak Benefits

- Refreshes tired feet
- Helps reduce foot odor and mild fungal infections

Suitable Blood Types

- Type A: Well tolerated; supports detoxification and stress relief
- Type B: Beneficial; helps regulate inflammation and muscle tension
- Type AB: Compatible; supports relaxation and energy balance
- Type O: Suitable; helps manage physical recovery and stress

Note: Epsom salt is for external use only, so blood type reactions are minimal.

P How to Use

Bath Soak:

• Dissolve **1–2 cups** in a warm bath; soak for 15–20 minutes

Foot Soak:

Add ½ cup to a basin of warm water; soak feet for 10–15 minutes

K Compress:

• Dissolve 2 tablespoons in 1 cup of warm water, soak a cloth, and apply to sore areas

▲ Contraindications & Cautions

Do **not ingest** Epsom salt intended for external use. Avoid use if you:

- Have open wounds, cuts, or burns
- Have severe skin sensitivity or infections
- Suffer from kidney disease (may interfere with magnesium regulation)
- Are pregnant without prior medical advice
- Are using magnesium-containing medications or supplements

♠ Possible Side Effects (if misused)

- Skin irritation or dryness (especially with prolonged use)
- If ingested: diarrhea, nausea, or electrolyte imbalance
- Magnesium overdose risk if ingested in large amounts (never recommended)

Storage Instructions

- Store in a cool, dry place
- Keep the container tightly sealed to prevent clumping from humidity
- Keep away from children and pets

Ingredients

100% Pure Magnesium Sulfate (Epsom Salt)

Pharmaceutical grade | No additives | Unscented

⚠ Legal & Safety Disclaimer

This product is for external use only.

It is not intended to diagnose, treat, cure, or prevent any disease.

Always consult a healthcare provider if you have a chronic condition or are pregnant.

This product has **not been evaluated by the South African Health Products Regulatory Authority (SAHPRA)**.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



African Baobab Fruit Powder - 100g

Superfood | Immune Support | Digestive Health | Antioxidant-Rich 100% Natural | Vegan | Nutrient-Dense | No Additives

Product Overview

Baobab fruit powder is a **wild-harvested superfood** derived from the pulp of the **Adansonia digitata** (African Baobab) fruit. Revered for centuries in traditional African nutrition and healing, it is a **natural source of vitamin C**, **fibre**, **calcium**, and powerful **antioxidants**.

Seamoss Africa brings you **pure**, **raw Baobab Powder**, sustainably sourced and gently processed to retain its full nutritional value.

Key Benefits

6 Immune Support

- Rich in **Vitamin C** strengthens immune function
- Supports collagen production and cellular defense

🧠 Energy & Mood

- Natural source of vitamin B6 and magnesium
- Helps combat fatigue and support mood regulation

W Digestive Health

- High in prebiotic fibre promotes healthy gut flora
- Aids in gentle digestion and regularity

Hydration & Electrolytes

- Contains natural potassium and calcium
- Supports hydration, muscle function, and bone health

Antioxidant Protection

- One of the **highest antioxidant** foods in the world
- Fights free radicals and supports healthy aging

Suitable Blood Types

- Type A: Highly compatible; supports digestive health and immune balance
- Type B: Well-tolerated, beneficial for energy and hydration
- Type AB: Good source of antioxidants, supports overall wellbeing
- Type O: Beneficial in moderation; monitor digestive response due to fibre content

P How to Use

- Smoothies & Juices: Add 1–2 teaspoons to fruit smoothies or juices
- **Breakfasts:** Sprinkle over porridge, muesli, or yoghurt
- Baking: Add to muffins, pancakes, or health bars for a citrusy, tangy flavor
- Wellness Shot: Mix with warm water, honey, and lemon as a daily tonic

Safe for daily use

Suitable for all diets: Vegan | Gluten-Free | Dairy-Free

↑ Contraindications & Cautions

Avoid or consult a healthcare provider before use if you:

- Are **pregnant or breastfeeding** (high vitamin C can affect iron absorption)
- Have low blood sugar or take diabetic medication may lower blood glucose further
- Have a history of food allergies or sensitive digestion introduce gradually

♠ Possible Side Effects

- Mild bloating or gas if taken in large amounts (due to high fibre)
- Can act as a mild laxative in some individuals
- May interfere with **iron absorption** if taken in large quantities with iron-rich meals

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Reseal tightly after opening
- Use within **3 months** after opening for best freshness

Ingredients

100% Pure Baobab Fruit Pulp Powder

No preservatives. No additives. Non-GMO. Wild-harvested.

₩ Legal & Safety Disclaimer

This product is a **nutritional food supplement**, not a medication.

It is not intended to diagnose, treat, cure, or prevent any disease.

This product has **not been evaluated by the South African Health Products Regulatory Authority (SAHPRA)**.

Consult a healthcare practitioner before use if you have a medical condition.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za
www.seamossafrica.co.za
ww

C Phone: 010 006 7261



Bedstraw & Cleavers (Galium aparine) - Capsules

Safety & Contraindications Guide



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction to Bedstraw & Cleavers Capsules |
|---------------|--|
| Type A | Generally well-tolerated; supports lymphatic and immune function |
| Type B | Typically safe; monitor for diuretic sensitivity |
| Type AB | Use in moderation; start with a lower dose |
| Type O | May trigger mild detox symptoms; introduce gradually |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0-12m) | Not suitable; safety not established in this age group |
| Toddlers (1–3y) | Avoid; capsules pose a choking risk and may be too strong internally |
| Children (4–12y) | Only under professional guidance; start with half-dose if advised |
| Teenagers (13–18y) | Generally safe in moderate doses; monitor hydration and urination levels |

Do NOT use Bedstraw & Cleavers Capsules if you are:

- Pregnant or breastfeeding (due to diuretic properties and insufficient safety data)
- Dehydrated or prone to electrolyte imbalance
- Allergic to the Rubiaceae family (includes bedstraw species)
- Scheduled for surgery (discontinue at least 2 weeks prior due to possible blood pressure effects)

4. Drug-Herb Interactions

Drug Class Interaction Notes

Diuretics May increase fluid loss; risk of dehydration

Antihypertensive Could enhance blood pressure-lowering effect; monitor blood

S pressure

Lithium May reduce lithium clearance; avoid or use with medical supervision

Antidiabetics Potential impact on blood sugar via fluid balance changes



5. Medical Conditions to Avoid

Avoid using Bedstraw & Cleavers Capsules if you have:

- Severe kidney disease
- Frequent urinary tract infections (without professional oversight)
- Low blood pressure (hypotension)
- Chronic dehydration or electrolyte imbalance



1 6. Side Effects & Toxicity

Possible side effects include:

- Increased urination
- Dry mouth or mild dehydration
- Stomach cramps or mild nausea (if taken on an empty stomach)
- Rare allergic reactions (rash, itching)

Stop use and consult a healthcare provider if symptoms persist or worsen.

7. Dosage, Capsule Weight & Storage

Form

Recommended Dosage

Capsule

1–2 capsules daily with water after meals

Each capsule contains 450 mg of powdered Galium aparine

- Stay well hydrated when using this product
- Store in a **cool**, **dry place**, away from moisture and direct sunlight
- Keep out of reach of children
- Do not exceed the recommended dose unless under medical supervision

8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, using chronic medication, or managing a diagnosed condition. Not suitable for children unless professionally prescribed.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).

Contact Information

Seamoss Africa

www.seamossafrica.co.za

info@seamossafrica.co.za

010 006 7261



Black Seed Powder - 100g

Natural Immune Booster | Antioxidant-Rich | Digestive Support

100% Pure Nigella sativa (Black Seed) Powder | Organic | No Additives

Product Overview

Black Seed Powder is derived from the seeds of the **Nigella sativa** plant, widely celebrated for its broad spectrum of health benefits including immune system support, antioxidant protection, and digestive aid. Used traditionally in many cultures for wellness and healing, Seamoss Africa's black seed powder is finely milled from high-quality seeds to ensure maximum potency.

Key Benefits

Immune System Support

- Helps strengthen natural defenses
- Supports respiratory and overall health

Energy & Vitality

- May help boost energy and reduce fatigue
- Supports metabolic function

W Digestive Health

Promotes healthy digestion and gut balance

Helps relieve indigestion and bloating

Antioxidant Properties

- Rich in thymoquinone and other antioxidants
- Protects cells from oxidative stress and inflammation

Suitable Blood Types

- Type A: Well-suited for immune support and digestive health
- Type B: Highly compatible; boosts energy and resilience
- Type AB: Suitable in moderation for antioxidant benefits
- Type O: Use with caution; may cause digestive sensitivity in some

How to Use

- Add 1 teaspoon to smoothies, yoghurts, or juices daily
- Mix into warm water or herbal teas
- Can be added to baking recipes for a nutritional boost

♠ Contraindications & Cautions

Avoid or consult a healthcare professional before use if you:

- Are pregnant or breastfeeding
- Have bleeding disorders or are on blood-thinning medication

- Are allergic to seeds or plants in the Ranunculaceae family
- Have low blood pressure or are taking antihypertensive drugs

Possible Side Effects

- Allergic reactions in sensitive individuals
- May lower blood pressure or blood sugar
- Possible interaction with anticoagulant medications

Storage Instructions

- Store in a cool, dry place away from sunlight
- Keep container tightly sealed
- Use within **6 months** after opening for best freshness

Ingredients

100% Pure Nigella sativa (Black Seed) Powder

Organic, non-GMO, no fillers or additives.

Legal & Safety Disclaimer

This product is a nutritional supplement and traditional health food.

It is not intended to diagnose, treat, cure, or prevent any disease.

This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Consult a healthcare provider before use if you have any medical conditions.

Contact Us

Seamoss Africa

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Mpesu Herbal Blend - 25g-50g

Vitality | Men's Health | Endurance | Libido Support 100% Natural | Wild-Harvested | Plant-Based | No Additives

W Product Overview

Mpesu, traditionally used across Southern Africa, is a powerful herbal remedy derived from the roots of *Mondia whitei*. Revered for generations for enhancing male vitality, sexual performance, and stamina, it is known for its adaptogenic and aphrodisiac properties. Seamoss Africa brings you sustainably sourced, sun-dried Mpesu root — finely milled, potent, and free from additives or preservatives.

Key Benefits

Men's Vitality & Libido

- Traditionally used to boost male libido and performance
- Supports testosterone levels and overall stamina

💪 Energy & Endurance

- Natural energy booster may help reduce fatigue
- Supports physical strength and endurance

Mood & Stress Relief

- Adaptogenic may help balance mood and reduce stress
- Can aid in mental focus and relaxation

Circulatory Health

- Believed to enhance blood flow and support healthy circulation
- Traditionally used for reproductive health and wellness

Suitable Blood Types

- Type A: Use in moderation; monitor stress and digestive response
- Type B: Generally well-tolerated; may support energy and focus

- Type AB: May benefit from circulatory and stress-adaptive effects
- Type O: Compatible; promotes stamina and physical energy

How to Use

- Tonic Tea: Steep 1 teaspoon (2–3g) in hot water for 5–10 minutes
- Smoothies: Add 1 tsp to smoothies for a vitality boost
- Traditional Prep: Simmer with water for a stronger decoction
- Use 2–3 times a week or as needed for desired effect
- ✓ Traditionally safe when used as directed ✓ No artificial additives or fillers

♠ Contraindications & Cautions

Avoid or consult a healthcare provider before use if you:

- Are pregnant or breastfeeding may affect hormonal balance
- Have high blood pressure or cardiovascular conditions
- Are taking blood pressure, hormonal, or erectile dysfunction medications
- Have hormone-sensitive conditions (e.g. prostate issues)
- Are under 18 years of age
- Are scheduled for surgery (stop 2 weeks prior)

Possible Side Effects

- Increased heart rate or overstimulation if taken in large amounts
- Mild gastrointestinal discomfort in sensitive individuals
- May cause insomnia if taken late in the day

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Reseal pouch tightly after each use
- Best used within 3 months after opening

Ingredients

100% Wild-Harvested Mpesu Powder No preservatives. No additives. Non-GMO.

Legal & Safety Disclaimer

This product is a traditional herbal supplement, not a medicine. It is not intended to diagnose, treat, cure, or prevent any disease. This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare practitioner before use if you are on medication or have a medical condition.

Contact Us
Seamoss Africa

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El Email: info@seamossafrica.co.za

**** Phone: 010 006 7261

SEAMOSS AFRICA

Seamoss Africa

Parasite Cleanser Capsules

(Neem Powder & Lengana)

Natural Antiparasitic & Gut Cleanser

Capsule Weight: 500mg



1. Blood Type Contraindications

| Blood Type | Sensitivity or Reaction |
|---------------|--|
| Type A | Neem may cause digestive upset; start with low dose |
| Type B | Generally well-tolerated; monitor for energy dips or blood sugar changes |
| Type AB | Safe in short-term use; avoid prolonged use to prevent liver sensitivity |
| Type O | Lengana may be overly stimulating; start with 1 capsule daily and increase gradually |



2. Children-Specific Contraindications

| Age Group | Guidance |
|-----------------------|--|
| Infants (0–12m) | Strictly not recommended – risk of toxicity from neem |
| Toddlers (1–3y) | Avoid – sensitive to bitter compounds and potential liver burden |
| Children (4-12y) | Use only under professional supervision in adjusted, mild doses |
| Teenagers (13–18y) | Short-term use is safe; monitor closely for digestive or liver sensitivity |

3. General Contraindications

Do NOT use Parasite Cleanser Capsules if you are:

- Pregnant or breastfeeding (Neem can cause uterine contractions and is unsafe in pregnancy)
- Trying to conceive (Neem may interfere with fertility in both men and women)
- Diagnosed with liver disease or impaired liver function
- Taking immunosuppressants or autoimmune medications (Neem may overstimulate the immune system)
- Scheduled for surgery (stop at least 2 weeks before due to possible blood-thinning effects)

💊 4. Drug-Herb Interactions

| Drug Class | Interaction Notes |
|----------------------------------|--|
| Antidiabetics | Neem may lower blood sugar—risk of hypoglycemia |
| Immunosuppressants | Neem may reduce effectiveness by stimulating immune function |
| Anticoagulants/Blood thinners | Potential bleeding risk due to neem's effect on clotting |
| Hepatotoxic medications | Caution: Neem and Lengana may place extra burden on liver function |



5. Medical Conditions to Avoid

Avoid use if you have:

- Liver disease or hepatitis
- Autoimmune conditions (e.g., lupus, rheumatoid arthritis, MS)
- Bleeding disorders or are prone to easy bruising

- Fertility concerns or are actively trying to conceive
- Chronic low blood pressure or hypoglycemia

1 6. Side Effects & Toxicity

Possible side effects include:

- Bitter taste or mild nausea
- Abdominal cramping or diarrhea (especially if parasites are present)
- Headaches or dizziness
- Allergic skin reactions (especially with neem)
- Fatigue or low blood pressure
- Long-term overuse may burden the liver

📋 7. Dosage and Storage

Form

Recommended Dosage

Capsule (500mg) 1 capsule twice daily with meals, for up to 7–10 days only

- Cycle: Recommended to follow a 10-day on, 5-day off, then repeat cycle
- Do not exceed 4 capsules per day
- Avoid prolonged daily use beyond 30 days
- Store in a cool, dry place out of sunlight
- Keep out of reach of children



📑 8. Legal & Safety Disclaimer

Seamoss Africa Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health professional before use—especially if pregnant, breastfeeding, taking chronic medication, or managing a liver or immune-related condition. Not suitable for children under 12 unless advised by a healthcare professional.

Important:

This product has not been evaluated or approved by the South African Health Products Regulatory Authority (SAHPRA).



Contact Information

Seamoss Africa



mww.seamossafrica.co.za

info@seamossafrica.co.za

\(010 006 7261



Tshikwane Root Powder - 50g

Reproductive Health | Detox Support | Hormonal Balance | Traditional Tonic 100% Natural | Wild-Harvested | Plant-Based | No Additives

W Product Overview

Tshikwane is a revered traditional herbal remedy commonly used in African indigenous medicine, especially among women. Derived from the root of a powerful medicinal plant, Tshikwane is known for its ability to support womb health, balance hormones, and aid in natural detoxification. Seamoss Africa brings you premium-grade Tshikwane root, carefully dried and milled for optimal potency and purity.

Key Benefits

Momen's Reproductive Health

- Traditionally used to cleanse and tone the womb
- May support menstrual cycle regulation and fertility

Hormonal Balance

- Assists in managing mood swings and PMS symptoms
- May help regulate oestrogen levels naturally

Natural Detox Support

- Supports gentle internal cleansing
- May assist in removing waste and impurities from the body

Uterine Strength & Wellness

- Used postpartum to restore and tone reproductive organs
- Promotes warmth and circulation in the pelvic area

Suitable Blood Types

- Type A: Use with caution; monitor for detox sensitivity
- Type B: Generally beneficial for hormonal balance and cleansing

- Type AB: Well-suited for detox and reproductive regulation
- Type O: Supports strong circulatory and detox functions

How to Use

- **Tea Decoction**: Boil 1 teaspoon (approx. 2g) in 1 cup of water for 10–15 minutes. Drink once daily, preferably on an empty stomach
- Steam Sitz Bath: Add a tablespoon to warm water for vaginal steaming or sitz baths
- Use for 3-7 days during menstrual cycle or detox periods
- ✓ For short-term traditional use ✓ No chemicals, fillers, or preservatives

♠ Contraindications & Cautions

Avoid or consult a healthcare provider before use if you:

- Are pregnant or trying to conceive (unless specifically advised)
- Are breastfeeding
- Have uterine fibroids or hormone-sensitive conditions
- Are on hormonal medications or contraceptives
- Experience heavy menstrual bleeding
- Are under 18 years of age

Possible Side Effects

- Mild cramping or increased discharge due to cleansing effect
- Temporary fatigue or lightheadedness during detox
- May cause early or stronger menstruation discontinue if excessive

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Reseal after each use to maintain freshness
- Best consumed within 3 months of opening

Ingredients

100% Wild-Harvested Tshikwane Root Powder

No preservatives. No additives. Non-GMO. Ethically sourced.

I Legal & Safety Disclaimer

This product is a traditional herbal supplement and not a medicine. It is not intended to

diagnose, treat, cure, or prevent any disease. This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA). Please consult a healthcare provider before use, especially if you have a medical condition or are on medication.

Contact Us
Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za

C Phone: 010 006 7261



Organic Snuff - 25g-50g

Mental Clarity | Ancestral Connection | Grounding | Respiratory Health 100% Natural | African Herbal Blend | Ceremonial Use | No Additives

Product Overview

Organic Snuff is a finely ground, natural herbal blend used traditionally in African spiritual and wellness practices. Made from select roots, herbs, and bark — including African tobacco alternatives — it has been used for centuries in rituals, for grounding, and as a medium for ancestral communication. Seamoss Africa's Organic Snuff is crafted with care, offering a natural, non-addictive, and spiritually respectful product with deep cultural roots.

Key Benefits

🧘 Mental Clarity & Focus

- Promotes alertness and sharpens awareness
- Used in meditation and traditional spiritual ceremonies

Respiratory Support

- Can clear nasal passages and support easier breathing
- May help with sinus pressure and mental congestion

Spiritual & Ancestral Use

- Traditionally used in African rituals for ancestral connection
- Supports grounding, centering, and energetic protection

Stress Relief & Calm

- Herbal blend may help relax the mind and nervous system
- Used ceremonially to restore emotional balance

Suitable Blood Types

- Type A: Use sparingly; monitor sensitivity to strong herbs
- Type B: Generally well-received; supports clarity and calm
- Type AB: Compatible for meditation and spiritual work
- Type O: Use in moderation for grounding and energy balance

How to Use

- Traditional Use: Inhaled through the nose in very small amounts
- Ceremonial: Used during prayer, ancestral offerings, or meditation
- Aromatherapy: May be placed in sachets or used in steam bowls

✓ Intended for traditional, ceremonial, and wellness practices ✓ No synthetic chemicals or nicotine

Contraindications & Cautions

Avoid or consult a healthcare provider before use if you:

- Have asthma, chronic sinus conditions, or respiratory illness
- Are pregnant or breastfeeding
- Have high blood pressure or heart conditions
- Are sensitive to strong herbal blends or smoke inhalation
- Have a history of mental health conditions use mindfully

Possible Side Effects

- Temporary nasal irritation or sneezing
- Lightheadedness if overused
- May cause coughing or discomfort if inhaled too strongly

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- · Keep sealed in an airtight container
- Best used within 3 months of opening

Ingredients

100% Organic African Herbal Snuff Blend (May include African tobacco alternatives, roots, bark, and indigenous herbs) No preservatives. No additives. Non-GMO. Non-nicotine.

Legal & Safety Disclaimer

This product is a traditional herbal preparation for ceremonial or wellness use. It is not a medication and is not intended to diagnose, treat, cure, or prevent any disease. This product

has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA). Use with respect and consult a healthcare practitioner if you have health concerns.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za

C Phone: 010 006 7261



Turmeric Powder - 100g

Anti-Inflammatory | Immune Boost | Joint Support | Antioxidant-Rich 100% Natural | Plant-Based | Non-Irradiated | No Additives

W Product Overview

Turmeric (*Curcuma longa*) is a powerful golden root known for its long-standing use in African, Indian, and Asian traditional medicine. Rich in curcumin — its active compound — turmeric supports inflammation reduction, boosts immunity, promotes joint and brain health, and aids natural detoxification. Seamoss Africa's 100% pure turmeric powder is sun-dried, finely milled, and free from preservatives or artificial additives.

Key Benefits

Immune Support

- High in curcumin supports immune resilience and response
- Natural antimicrobial and antiviral properties

Anti-Inflammatory Relief

- Supports joint health and reduces swelling or discomfort
- May help relieve arthritis and muscle tension

Cognitive & Mood Support

- May boost brain function and reduce oxidative stress
- Helps support mood balance and clarity

Liver & Digestive Wellness

- Supports liver detox and bile production
- May ease bloating and promote gut health

Suitable Blood Types

- Type A: Helps soothe inflammation and supports gut health
- Type B: Great for immune balance and digestive ease
- Type AB: Antioxidant-rich supports overall wellness
- Type O: Aids joint recovery, detox, and metabolic health

How to Use

- Golden Milk: Mix ½ tsp with warm plant milk, black pepper, and honey
- Smoothies: Add 1/4-1/2 tsp for an anti-inflammatory boost
- Cooking: Use in soups, curries, stews, or roasted veggies
- Topical Use: Combine with yoghurt or honey for a skin-brightening mask
- 🔽 Safe for daily use in food 🔽 Vegan | Gluten-Free | Non-GMO

Contraindications & Cautions

Avoid or consult a healthcare provider before use if you:

- Are pregnant or breastfeeding (high doses may stimulate the uterus)
- Have gallstones or liver/bile conditions
- Are taking anticoagulants or blood-thinning medication
- Are scheduled for surgery (discontinue at least 2 weeks prior)

Possible Side Effects

- May cause mild digestive upset in large amounts
- Can thin the blood if overused
- May cause yellow staining on skin or surfaces

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Keep pouch tightly sealed after each use
- Best consumed within 6 months after opening

Ingredients

100% Pure *Curcuma longa* (Turmeric) Root Powder No preservatives. No additives. Non-irradiated. Wild-harvested.

This product is a natural herbal and food supplement, not a medicine. It is not intended to diagnose, treat, cure, or prevent any disease. This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA). Please consult a healthcare professional before use if you have a medical condition or are taking medication.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za

C Phone: 010 006 7261



White Willow Bark Powder - 100g

Natural Pain Relief | Anti-Inflammatory | Fever Reduction | Joint Support 100% Natural | Wild-Harvested | Plant-Based | No Additives

W Product Overview

White Willow (*Salix alba*) bark has been used for centuries in traditional African and European herbal medicine as a natural alternative to synthetic pain relievers. It contains **salicin**, a plant compound that the body converts into salicylic acid — the same active ingredient found in aspirin. Seamoss Africa's White Willow Powder is finely milled from premium, wild-harvested bark, offering a gentle, natural approach to inflammation, pain, and fever management.

Key Benefits

Natural Pain Relief

- Traditionally used for headaches, back pain, joint pain, and menstrual cramps
- Gentle, non-synthetic alternative to aspirin

Anti-Inflammatory Action

- May reduce swelling, stiffness, and inflammation in joints and muscles
- Ideal for arthritis, tendonitis, and post-exercise recovery

Fever & Immune Support

- Helps lower mild fevers naturally
- May support immune response during colds or infections

Cognitive Clarity & Calm

- Known to soothe nervous tension linked to pain or stress
- May support focus and calm during periods of discomfort

Suitable Blood Types

- Type A: Suitable in small doses; supports inflammation reduction
- Type B: Compatible for occasional pain relief and immune balance
- Type AB: Effective in moderation for tension and joint relief
- Type O: Highly compatible for pain management and detox

P How to Use

- **Herbal Tea**: Simmer $\frac{1}{2}$ –1 tsp (approx. 2g) in 1 cup water for 10–15 minutes. Strain and drink once or twice daily.
- Tonic Blends: Combine with turmeric or ginger for added anti-inflammatory effect
- Topical Poultice: Mix with warm water and apply externally for joint or muscle pain
- 🔽 For short-term use 🔽 Vegan | Gluten-Free | No fillers

Contraindications & Cautions

Avoid or consult a healthcare provider before use if you:

- Are allergic to aspirin or salicylates
- Are pregnant or breastfeeding
- Are on blood thinners or anticoagulants
- Have ulcers, bleeding disorders, or gastrointestinal conditions
- Are under 16 years old (risk of Reye's syndrome)

Possible Side Effects

- Mild stomach upset or nausea if taken in excess
- May increase bleeding risk
- Headache or dizziness in rare cases of sensitivity

Storage Instructions

- Store in a cool, dry place away from direct sunlight
- Reseal tightly after each use
- Best used within 6 months after opening

Ingredients

100% Pure *Salix alba* (White Willow) Bark Powder No additives. No preservatives. Wild-harvested. Non-GMO.

Legal & Safety Disclaimer

This product is a traditional herbal remedy, not a medicine. It is not intended to diagnose, treat, cure, or prevent any disease. This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA). Always consult a healthcare provider before use, especially if you are on medication or have a medical condition.

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**** Phone: 010 006 7261



Umuthi Obomvu 50g

Spiritual Cleansing | Protective Herb | Traditional African Medicine 100% Natural | Wild-Harvested | Vegan | No Additives

W Product Overview

Umuthi Obomvu is a powerful traditional African herbal remedy used for deep spiritual cleansing and protection. Revered for its ability to remove negative spiritual energies such as **isinyama** (dark clouds), **amathunzi** (dark shadows), **isidina** (irritation or spiritual discomfort), and **isichitho** (curses or misfortune), this sacred herb supports purification and energetic renewal.

Seamoss Africa offers this pure, wild-harvested herbal blend for those seeking to cleanse their spirit, ward off negativity, and promote balance in their lives.

Key Benefits

Spiritual Purification & Protection

- Removes isinyama clears heavy, dark spiritual clouds
- Eliminates amathunzi dispels dark shadows and negative energies
- Soothes isidina reduces irritation and spiritual discomfort
- Breaks isichitho removes curses and bad luck

🌿 Traditional Use

- Used in ritual washes, baths, or incense to purify and protect
- Supports emotional balance and spiritual well-being

How to Use

- Prepare a wash or bath by boiling the herbs and using the infusion externally
- Burn as incense during cleansing rituals for energetic clearing
- Use regularly to maintain spiritual protection and cleanse negative energies

♠ Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Have sensitive skin or allergies to herbal products
- Are pregnant or breastfeeding—use with caution and under guidance
- Experience irritation or discomfort—discontinue use

Possible Side Effects

- Mild skin irritation possible in sensitive individuals
- Allergic reactions are rare but possible

Storage Instructions

- Store in a cool, dry place, away from moisture and direct sunlight
- Keep sealed tightly to preserve potency
- Use within 3 months of opening

Ingredients

100% Pure Wild-Harvested Traditional African Herbs No preservatives. No additives.

Legal & Safety Disclaimer

This product is a traditional herbal cleansing aid. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional before use if you have medical conditions or allergies.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Seamoss Africa Umuthi Omhlophe 50g

Spiritual Empowerment | Luck & Respect | Traditional African Herb 100% Natural | Wild-Harvested | Vegan | No Additives

W Product Overview

Umuthi Omhlophe is a revered traditional African herb known for its powerful ability to enhance luck (**uvula inhlanhla**), increase personal charm (**uyathandeka**), and promote respect from others (**uyahlonipheka**). It also helps cultivate **ubenesithunzi**—a dignified presence and aura that commands admiration and honor.

This sacred herb is widely used in spiritual rituals, baths, and washes to empower individuals, uplift energy, and open pathways to prosperity and social harmony. Seamoss Africa brings you this pure, wild-harvested herb to support your spiritual journey and personal empowerment.

汼 Key Benefits

Luck & Prosperity Enhancement

- Opens the door to good fortune (uvula inhlanhla)
- Removes obstacles to success and positivity

Love & Personal Magnetism

- Boosts your likability and attractiveness (uyathandeka)
- Encourages harmonious relationships

Respect & Presence

- Promotes respect from others (uyahlonipheka)
- Cultivates ubenesithunzi—a strong, honorable presence

💡 How to Use

- Use in ritual baths or washes to invoke luck and respect
- Burn as incense during spiritual ceremonies to uplift energy
- Include in personal altars or carry in charm bags for ongoing empowerment

♠ Contraindications & Cautions

Avoid or consult a healthcare provider if you:

- Have allergies or sensitivities to herbs
- Are pregnant or breastfeeding—use under professional advice
- Experience irritation—discontinue use

Possible Side Effects

- Mild irritation possible for sensitive skin
- Allergic reactions are rare but possible

Storage Instructions

- Store in a cool, dry place away from direct sunlight and moisture
- Seal tightly to preserve freshness and potency
- Use within 3 months of opening

Ingredients

100% Pure Wild-Harvested Traditional African Herb No preservatives. No additives.

Legal & Safety Disclaimer

This product is a traditional herbal aid for spiritual empowerment and luck. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional before use if you have allergies or medical conditions.

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**** Phone: 010 006 7261



7 Chakra Alignment Crystal Bracelet

Balance | Energy Flow | Spiritual Harmony | Whole-Body Wellness 100% Natural Gemstones | Handcrafted | Unisex | One Size

Product Overview

The **7 Chakra Alignment Crystal Bracelet** is a powerful tool for energy balancing and spiritual grounding. It features a combination of seven carefully selected natural stones, each representing one of the body's energy centers (chakras). When worn with intention, it helps harmonize your physical, emotional, and spiritual energy—encouraging inner peace, clarity, and wellbeing.

Seamoss Africa presents this bracelet as an everyday energy support tool for those seeking alignment, clarity, and elevated vibration.

Key Benefits

🌈 Chakra Balancing & Alignment

- Stimulates and harmonizes all 7 chakras
- Helps clear energetic blockages and restore equilibrium

🧘 Supports Meditation & Mindfulness

- Enhances spiritual focus and inner calm
- Useful during yoga, meditation, or breathwork

Boosts Vitality & Emotional Flow

- Encourages emotional release and healthy energy flow
- Supports mental clarity and groundedness

💎 Stones & Corresponding Chakras

- 1. **Red Jasper** Root Chakra (Grounding, Safety)
- 2. **Carnelian** Sacral Chakra (Creativity, Sensuality)
- 3. Citrine Solar Plexus Chakra (Confidence, Willpower)

- Green Aventurine Heart Chakra (Love, Compassion)
- 5. **Sodalite** Throat Chakra (Communication, Expression)
- 6. **Amethyst** Third Eye Chakra (Intuition, Vision)
- 7. **Clear Quartz** Crown Chakra (Spiritual Connection, Clarity) N.B stones used for the bracelet may vary.

How to Use

- Wear during meditation, yoga, or daily life to stay centered
- Use as a visual and tactile reminder of your spiritual journey
- Ideal for spiritual practitioners, healers, and empaths

Cleansing & Charging Instructions

Moonlight

• Cleanse and recharge under a Full Moon to restore energy

★ Sunlight

• A short morning sun charge helps re-energize and activate stones

Salt Bowl (Dry)

Place in dry Himalayan or sea salt overnight to clear absorbed energy

🔥 Palo Santo or Sage Smoke

• Gently wave through sacred smoke to refresh and reset vibration

♠ Contraindications & Cautions

- Energy-sensitive individuals should start wearing for short periods to avoid overload
- Keep away from water or intense heat to protect elastic and natural polish

Possible Side Effects

- May bring subconscious emotions or dreams to the surface
- Heightened awareness or sensitivity to environments

Care Instructions

• Wipe gently with a clean cloth

- Store in a pouch or box when not in use
- Cleanse regularly if used in healing work or worn daily

Materials

100% Natural Gemstones: Red Jasper, Carnelian, Citrine, Green Aventurine, Sodalite, Amethyst, Clear Quartz

Elastic Cord | Hand-strung | No artificial dyes

⚠ Legal & Safety Disclaimer

This bracelet is a spiritual and energetic wellness tool and not a medical treatment. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Amazonite Crystal Bracelet

Calming | Communication | Emotional Balance | Heart & Throat Chakra 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Amazonite Crystal Bracelet** is made from soothing, natural amazonite—a beautiful green-blue stone known for its calming and harmonizing properties. Often called the "Stone of *Truth and Courage*," amazonite supports honest communication, emotional healing, and the balancing of masculine and feminine energies.

Seamoss Africa presents this handcrafted crystal bracelet to help align your heart and throat chakras, encourage inner peace, and restore emotional equilibrium.

Key Benefits

Emotional Harmony & Balance

- Helps release anxiety, fear, and emotional trauma
- Supports calm, clarity, and emotional freedom

Communication & Expression

- Opens the throat chakra to encourage honest self-expression
- Promotes clear thinking and confident communication

Soothing & Stress-Relief

- Calms the nervous system and reduces energetic tension
- Balances yin-yang energies within the body

🔷 Chakra Healing

- Activates and harmonizes the Heart and Throat Chakras
- Encourages alignment between feelings and words

P How to Use

- Wear on the wrist daily to promote calm and clarity
- Use during journaling, meditation, or emotional release rituals
- Ideal for public speakers, empaths, and those in healing professions

Cleansing & Charging Instructions

- Moonlight (Gentle & Safe)
- Place your bracelet on a windowsill or outdoors under full moonlight overnight
- · Best for emotional and intuitive recharge

Sunlight (Briefly & Gently)

- Place in morning sun for 30–60 minutes
- Avoid harsh afternoon sun to prevent fading

Salt Bowl (Dry)

- Place the bracelet in a bowl of dry coarse sea salt or Himalayan salt for several hours
- Do not immerse in water to protect the elastic

Palo Santo or Sage Smoke

- Pass the bracelet slowly through sacred smoke for 30 seconds
- Visualize negative energy releasing and the crystal recharging

♠ Contraindications & Cautions

- Not a substitute for professional mental health support
- Avoid water exposure to preserve elastic and polish
- May fade under prolonged direct sunlight

Possible Side Effects

• Emotional release, vivid dreams, or increased introspection may occur during initial use

Care Instructions

- Wipe gently with a dry cloth after use
- Store in a cloth pouch or jewelry box away from sunlight
- Cleanse regularly for best energetic results

Materials

100% Natural Amazonite Beads Elastic Cord | Hand-strung | No additives or dyes

Legal & Safety Disclaimer

This product is a spiritual and wellness aid. It is not intended to diagnose, treat, cure, or prevent

any disease or psychological condition. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Use alongside conventional therapy or support if needed.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
E Email: info@seamossafrica.co.za

C Phone: 010 006 7261



Amethyst Crystal Bracelet

Spiritual Protection | Inner Peace | Intuition | Crown Chakra Support 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Amethyst Crystal Bracelet** is made from genuine, deep-violet amethyst—a powerful stone of spiritual protection and higher consciousness. Often called the "Stone of Spiritual Wisdom," amethyst helps calm the mind, enhance intuition, and protect against negative energies.

This elegant bracelet from Seamoss Africa is ideal for meditation, stress relief, and connecting with your inner wisdom. It activates the Crown Chakra and supports clarity, focus, and emotional healing.

汼 Key Benefits

🧘 Spiritual Awareness & Intuition

- Enhances connection to higher self and spiritual guides
- Opens the Crown Chakra for deep meditation and insight

Calm & Stress Relief

- Helps quiet the mind and reduce anxiety or overthinking
- Supports restful sleep and protection from nightmares

Protection & Energy Shielding

- Deflects negative energy and psychic interference
- Aids in emotional detox and energetic clarity

Clarity & Focus

- Promotes mental sharpness and decision-making
- Supports emotional balance and inner peace

How to Use

• Wear daily to protect your aura and promote calm

- Ideal during meditation, journaling, sleep, or healing rituals
- Use while setting intentions or connecting to spiritual practices

Cleansing & Charging Instructions

Moonlight (Recommended)

- Place the bracelet on a windowsill or outdoors during a full moon
- Leave overnight to recharge with calming lunar energy

* Sunlight (With Caution)

- Brief exposure to early morning sun (15–30 mins) is okay
- Avoid long periods of sunlight as it may fade the stone's color

Salt Bowl (Dry Only)

- Lay your bracelet in a bowl of dry sea salt or Himalayan salt
- Leave for several hours—do not submerge in water

Palo Santo or Sage Smoke

- Pass through sacred smoke for at least 30 seconds
- Ideal before or after spiritual work or intense days

♠ Contraindications & Cautions

- Not a substitute for medical or psychological therapy
- May trigger emotional release or vivid dreams during early use
- Avoid excessive water exposure (preserve string and polish)

Possible Side Effects

• May increase emotional sensitivity or dream vividness temporarily

Care Instructions

- Gently wipe clean with a dry cloth
- Store away from direct sunlight in a cloth pouch or jewelry box
- Cleanse regularly for optimal energetic benefit

Materials

100% Natural Amethyst Beads

Elastic Cord | Hand-strung | No synthetic coatings or additives

⚠ Legal & Safety Disclaimer

This product is a natural energy support tool. It is not intended to diagnose, treat, cure, or prevent any disease or mental health condition. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Please consult a professional for any serious health concerns.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Black Onyx Crystal Bracelet

Emotional Strength | Protection | Self-Mastery | Grounding 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Black Onyx Crystal Bracelet** is made from smooth, deep-black onyx—a powerful grounding stone known for its ability to absorb and transform negative energy while fostering inner strength and focus. Traditionally used for protection and emotional stability, Black Onyx is a companion stone for those navigating grief, transition, or personal transformation.

Seamoss Africa presents this bracelet as a stabilizing energy ally for clarity, endurance, and self-mastery.

汼 Key Benefits

The Energy Protection & Shielding

- Absorbs negativity from people, spaces, and self-doubt
- Helps prevent energetic burnout in emotionally charged environments

Grounding & Root Chakra Balance

- Deep connection to Earth energy—supports presence and calm
- Enhances feelings of safety, stability, and inner stillness

💪 Inner Strength & Resilience

- Builds emotional endurance during stress, grief, or trauma
- Encourages discipline, willpower, and decision-making

🧘 Self-Control & Focus

- Reduces scattered energy and impulsive reactions
- Promotes mental clarity and emotional composure

How to Use

- Wear on the left wrist for protection and emotional support
- Ideal during stressful periods, travel, or conflict resolution
- Place under pillow or near entryways for energetic shielding

Cleansing & Charging Instructions

Moonlight

• Leave under moonlight (especially New or Full Moon) to recharge its grounding force

🔆 Sunlight

• Brief early sunlight (15–30 minutes) is safe, but avoid excessive heat

Salt Bowl (Dry)

• Cleanse in a dry bowl of Himalayan or sea salt—do not soak in water

Palo Santo or Sage Smoke

• Sweep through sacred smoke to release heavy energy after intense emotional use

↑ Contraindications & Cautions

- May intensify emotions before they settle—recommended for those ready to process deeply
- Not a substitute for therapy or mental health care

Possible Side Effects

- Emotional detox (temporary sadness, reflection, or solitude)
- Can feel "heavy" or too grounding if used constantly without breaks

Care Instructions

- Wipe gently with a dry cloth
- Store separately to avoid scratching or energy interference with other stones
- Cleanse frequently, especially after heavy use

Materials

100% Natural Black Onyx Beads
Elastic Cord | Hand-strung | Untreated & Dye-Free

Legal & Safety Disclaimer

This product is an energetic and spiritual support tool. It is not intended to diagnose, treat, cure, or prevent any medical condition. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Use in conjunction with your personal wellness practice.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

C Phone: 010 006 7261



Black Tourmaline Crystal Bracelet

Grounding | Protection | Energy Shield | Root Chakra 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Black Tourmaline Crystal Bracelet** is crafted from powerful, natural black tourmaline—known as one of the most effective stones for protection and energetic grounding. Deeply connected to the Root Chakra, this crystal helps absorb negative energies, psychic interference, and emotional toxicity.

Seamoss Africa offers this essential energy defense tool to those navigating stressful environments, emotional overwhelm, or spiritual sensitivity.

汼 Key Benefits

Protection from Negative Energy

- Shields your aura from electromagnetic fields (EMFs) and toxic energy
- Excellent for spiritual workers, empaths, and highly sensitive individuals

Grounding & Stability

- Anchors you to the Earth's energy for balance and calm
- Supports feeling secure, safe, and emotionally steady

Mental Clarity Under Pressure

- Dispels fear, worry, and chaotic thoughts
- Encourages rational thinking and emotional resilience

Spiritual Detox & Psychic Shield

- Clears spiritual debris and neutralizes hexes, curses, or energetic attachments
- Ideal for daily wear during spiritual work or energy healing

💡 How to Use

Wear on the left wrist to absorb and block negative energy

- Ideal for daily wear, especially in high-stress or crowded environments
- Keep near your workspace, front door, or under your pillow for added protection

Ocleansing & Charging Instructions

Moonlight (Gentle & Effective)

• Leave under full moonlight overnight to recharge its grounding energy

Sunlight (Cautious Use)

• A few minutes in early sun is okay; prolonged exposure may crack or fade the crystal

Salt Bowl (Dry Method)

Rest in dry sea salt or Himalayan salt for several hours to cleanse absorbed energies

Palo Santo or Sage Smoke

Pass through sacred smoke to refresh and clear stored negativity

↑ Contraindications & Cautions

- May feel heavy or overly intense for people not used to strong grounding energy
- Not a substitute for emotional or mental health support

Possible Side Effects

- Temporary heaviness, fatigue, or emotional release during detox
- Increased sensitivity to energy shifts as your field clears

Care Instructions

- Wipe with a soft cloth; avoid dropping or banging (brittle stone)
- Store in a pouch or grounding crystal space
- Cleanse regularly if worn daily or around intense energy

Materials

100% Natural Black Tourmaline Beads Elastic Cord | Hand-strung | No synthetic finishes

Legal & Safety Disclaimer

This crystal bracelet is a spiritual and energetic support item. It does not replace medical, psychological, or therapeutic advice. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

**** Phone: 010 006 7261



Blossom Tourmaline Crystal Bracelet

Emotional Healing | Self-Love | Feminine Energy | Heart Chakra 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Blossom Tourmaline—a gentle, pastel-toned variety of Tourmaline—is deeply connected to the **Heart Chakra** and is cherished for its nurturing, soothing energy. With hues of pink, peach, green, and soft lilac, this crystal helps open the heart to forgiveness, self-love, and inner peace. It's ideal for those healing from emotional wounds, building emotional resilience, or seeking to reconnect with joy and softness.

Seamoss Africa's **Blossom Tourmaline Crystal Bracelet** is a beautifully calming companion for your emotional and spiritual wellness journey.

Key Benefits

💗 Emotional Healing & Release

- Aids in letting go of past heartbreaks and grief
- Helps dissolve emotional blockages and trauma

Feminine Energy & Self-Love

- Softens the heart and enhances compassion toward self and others
- Encourages emotional balance and gentleness

Heart Chakra Activation

- Opens and strengthens the Heart Chakra
- Promotes harmony in relationships and inner peace

Stress & Anxiety Relief

- Calms overactive emotions and restores equilibrium
- Supports mindfulness and grounding during emotional overwhelm

How to Use

Wear on the left wrist to receive loving, feminine energy

- Hold during journaling, affirmations, or heart-healing meditations
- Pair with Rose Quartz or Amethyst for deep emotional alignment

Cleansing & Charging Instructions

Moonlight

• Best charged under Full or Waxing Moon for emotional healing

Sunlight

Can handle gentle morning sun—avoid strong midday exposure

Salt Bowl (Dry Only)

• Cleanse with dry Himalayan or sea salt—do not submerge

Palo Santo or Sage Smoke

Wave gently through smoke to reset emotional energies

♠ Contraindications & Cautions

- Very sensitive individuals may feel tearful or emotionally open during early use—this is part of the healing process
- Handle with care—stones may be delicate and can chip

♠ Possible Side Effects

- Can bring suppressed emotions to the surface
- May intensify emotional sensitivity before bringing balance

Care Instructions

- Clean gently with a soft, dry cloth
- Avoid water, sprays, and abrasive cleaning
- Store with softer crystals or in a pouch to avoid chipping

Materials

100% Natural Blossom Tourmaline Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

⚠ Legal & Safety Disclaimer

This bracelet is a spiritual wellness tool and is not intended as medical advice or treatment. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za



Carnelian Crystal Bracelet

Vitality | Creativity | Confidence | Sacral Chakra 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Carnelian Crystal Bracelet** is made from radiant orange-red carnelian, a vibrant stone associated with passion, motivation, and life force energy. Linked to the Sacral Chakra, carnelian ignites creative expression, boosts physical energy, and fosters courageous action.

Seamoss Africa brings you this energizing bracelet as a wearable tool for empowerment—ideal for artists, entrepreneurs, and anyone seeking motivation or a confidence boost.

Key Benefits

Boosts Vitality & Motivation

- Enhances physical energy and stamina
- Ideal for overcoming procrastination and fatigue

🎨 Enhances Creativity & Passion

- Stimulates the creative mind and emotional expression
- Great for artists, performers, and visionaries

🦁 Confidence & Courage

- Helps dispel fear, insecurity, and self-doubt
- Promotes boldness in public speaking, relationships, and new ventures

* Supports Sexual & Emotional Balance

- Balances the Sacral Chakra—seat of sensuality and connection
- Encourages emotional openness and healthy boundaries

- Wear on the right wrist to enhance action, confidence, and creativity
- Use during workouts, creative projects, or new beginnings
- Keep close when you need a confidence or energy boost

Cleansing & Charging Instructions

Moonlight

Cleanse gently under a full moon for emotional and energetic reset

Sunlight (Recommended)

- Energize in sunlight for up to 1 hour—amplifies its fiery energy
- Avoid extreme or prolonged heat

Salt Bowl (Dry)

- Use dry Himalayan or sea salt to draw out absorbed negativity
- Avoid soaking—may damage elastic cord

Palo Santo or Sage Smoke

Sweep through smoke to clear stuck energy, especially after emotional use

Contraindications & Cautions

- May be overstimulating if worn continuously—take breaks if you feel agitated
- Not a substitute for mental or emotional healthcare

Possible Side Effects

- Restlessness or emotional intensity when first worn
- Heightened drive may lead to impulsive action—use with intention

Care Instructions

- Clean gently with soft cloth
- Store in a cool place away from direct sunlight
- Cleanse after emotional events or public outings

Materials

100% Natural Carnelian Beads

Elastic Cord | Hand-strung | No synthetic coatings or dyes

Legal & Safety Disclaimer

This product is a spiritual and energetic wellness item. It is not intended to diagnose, treat, cure, or prevent any medical condition. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Citrine Crystal Bracelet

Abundance | Joy | Confidence | Solar Plexus Activation 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Citrine Crystal Bracelet** radiates with warm, golden energy and is often called the "Stone of Success" or "Merchant's Stone." Believed to attract prosperity and joy, Citrine activates the Solar Plexus Chakra—enhancing personal power, clarity, and motivation.

Seamoss Africa brings you this vibrant crystal bracelet to uplift your spirit, attract abundance, and inspire fearless action toward your goals.

Key Benefits

« Attracts Wealth & Abundance

- Known for its prosperity-drawing vibrations
- Encourages success in business and career pursuits

Boosts Joy & Positivity

- Elevates mood and dispels negativity
- Supports a sunny, optimistic outlook

Enhances Confidence & Personal Power

- Stimulates the Solar Plexus Chakra for courage and decision-making
- Encourages self-expression and leadership

Increases Energy & Creativity

- Sparks motivation and helps overcome sluggishness
- Great for entrepreneurs, creatives, and go-getters

- Wear on the right wrist to amplify action and confidence
- Keep on your desk, wallet, or workspace for wealth energy
- Ideal for new beginnings, interviews, pitches, or setting intentions

Cleansing & Charging Instructions

Moonlight

Cleanse under a new or full moon to restore its natural glow

Sunlight (Preferred)

• Charge in early morning sunlight to amplify its fiery, energizing properties

Salt Bowl (Dry)

• Place in dry salt to release any absorbed energetic debris

Palo Santo or Sage Smoke

• Use smoke to reset energy after emotional or financial stress

▲ Contraindications & Cautions

- May feel overstimulating for highly anxious or sensitive individuals
- Not ideal for nighttime use if you're easily affected by energy

Possible Side Effects

- Temporary restlessness or emotional surge when working through self-worth blocks
- May bring clarity to toxic patterns or limiting beliefs

Care Instructions

- Wipe gently with a clean, soft cloth
- Store away from direct heat or sunlight for long durations
- Cleanse regularly if worn daily

Materials

100% Natural Citrine Beads

Elastic Cord | Hand-strung | No synthetic dye or heat-treated quartz

Legal & Safety Disclaimer

This product is a spiritual wellness aid and not a medical treatment. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Clear Quartz Crystal Bracelet

Amplification | Clarity | Healing | Master Healer 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Clear Quartz Crystal Bracelet** is made from high-quality, natural clear quartz—one of the most versatile and powerful healing stones in the mineral kingdom. Known as the "*Master Healer*," clear quartz amplifies energy, enhances clarity of thought, and boosts the power of other crystals worn with it.

Seamoss Africa presents this elegant and energizing bracelet to support you in spiritual growth, emotional cleansing, and intentional living.

Key Benefits

Energy Amplification

- Magnifies the properties of other crystals
- Increases personal energy and spiritual focus

🧠 Mental Clarity & Focus

- Clears mental fog and enhances decision-making
- Supports concentration, creativity, and awareness

Cleansing & Protection

- Clears negative energy from your aura and environment
- Helps reset emotional and energetic balance

* Versatility & Alignment

- Works with all chakras, especially Crown and Third Eye
- Harmonizes energy systems in the body

How to Use

Wear daily to amplify intentions and maintain clarity

- Use during manifestation, meditation, or energy healing
- Combine with other crystal bracelets for enhanced effect

Oleansing & Charging Instructions

Moonlight (Safe & Gentle)

- Place in moonlight overnight, especially during full moons
- Balances feminine, intuitive energy

Sunlight (Very Effective)

- Leave in early morning sun for 30-60 minutes
- Clears and charges with powerful masculine energy

Salt Bowl (Dry)

- Rest in a dry bowl of sea salt or Himalayan salt for 6-8 hours
- Do not soak in water to protect elasticity

Palo Santo or Sage Smoke

- Pass through sacred smoke to remove stored negativity
- Ideal before intention setting or healing work

♠ Contraindications & Cautions

- May intensify other crystal effects—use mindfully if combining with strong stones
- Not intended as a substitute for therapy or medication

Possible Side Effects

- Heightened awareness or restlessness during energy shifts
- May stimulate emotional release or energetic detox

Care Instructions

- Gently wipe clean with a dry cloth
- Store in a pouch away from direct sunlight
- Cleanse regularly to maintain purity

Materials

100% Natural Clear Quartz Beads
Elastic Cord | Hand-strung | No dyes or synthetic polish

⚠ Legal & Safety Disclaimer

This item is a spiritual support product and not a medical device. It does not diagnose, treat, or prevent disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Use with intention and appropriate professional support if needed.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za

SEAMOSS AFRICA

Seamoss Africa

Copper Bangle

Circulation | Joint Health | Energy Flow | Protective Vibration 100% Pure Copper | Handcrafted | Unisex | Adjustable Fit

Product Overview

Copper has been used for centuries in various cultures for its holistic healing properties. Known as a powerful conductor of energy, copper is believed to support the body's natural energy systems, promote circulation, and ease joint stiffness. The Seamoss Africa Copper Bangle is both a wellness tool and a timeless accessory—crafted for those seeking physical balance and spiritual harmony.

决 Key Benefits

Boosts Circulation

- Supports improved blood flow and oxygen delivery
- May help relieve symptoms related to poor circulation (e.g. cold hands & feet)

Joint & Muscle Support

- Traditionally used to reduce joint stiffness, arthritis pain, and inflammation
- May assist with mobility and recovery

Energy Amplification

- Conducts life force energy throughout the body
- Enhances energy alignment and chakra flow

Protective Properties

- Believed to ward off negative energies and psychic interference
- Encourages grounding and energetic stability

- Wear daily on either wrist or alternate for balanced energy flow
- Use during meditation or healing sessions to amplify energy
- Clean regularly to maintain vibrational clarity
- Cleansing & Charging Instructions

- Moonlight
- Charge under moonlight for gentle energetic refreshment
- Sunlight
- Sun-safe briefly expose for energetic recharging
- Salt (Dry Only)
- Cleanse energetically by placing near a bowl of dry salt overnight
- 6 Palo Santo or Sage Smoke
- Smudge periodically to release stagnant energies
- Contraindications & Cautions
- May leave a harmless greenish stain on skin—this is natural copper oxidation
- Not recommended for individuals with copper allergies or implanted medical devices
- Remove before swimming or bathing
- Possible Side Effects
- Temporary skin discoloration due to copper ion absorption
- Detox symptoms such as mild fatigue in the beginning of regular use
- Care Instructions
- Clean with lemon juice or vinegar and a soft cloth to restore shine
- Avoid harsh chemicals and abrasives
- Materials

100% Pure Copper | Handmade | Adjustable Design

Legal & Safety Disclaimer

This product is not intended to treat or cure any medical condition. Copper bangle use is based on traditional wellness practices. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us
Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Coral Jade Crystal Bracelet

Peace | Vitality | Emotional Balance | Protection 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Coral Jade is a nurturing and revitalizing stone that blends the protective qualities of jade with the energetic essence of coral-like tones. Known for promoting emotional healing, inner peace, and spiritual vitality, Coral Jade supports heart-based energy while providing grounding and protection. The **Seamoss Africa Coral Jade Bracelet** brings harmony to the mind, body, and soul—perfect for daily wear and spiritual rituals.

汼 Key Benefits

Emotional Balance

- Soothes anxiety, fear, and emotional turbulence
- Encourages forgiveness, compassion, and emotional release

Meart Healing & Vitality

- Supports the heart chakra, fostering love and renewal
- Enhances vitality and joy in daily life

Protective Energy

- Deflects negativity and emotional stress
- Grounds the wearer while promoting inner safety and confidence

🌿 Spiritual Growth

- Aids in deepening meditation and inner awareness
- Stimulates creativity, clarity, and purposeful direction

- Wear on the left wrist to absorb calming, nurturing energy
- Use during journaling, meditation, or self-reflection
- Carry with you when seeking emotional clarity or balance

Cleansing & Charging Instructions

Moonlight

Recharge under full moonlight to enhance emotional energy

🔆 Sunlight

• Brief exposure to soft sunlight is safe and energizing

Salt (Dry Only)

Cleanse by placing near dry Himalayan or sea salt overnight

Palo Santo or Sage Smoke

• Smudge regularly to remove negative energy buildup

↑ Contraindications & Cautions

- Avoid pairing with harsh, overly stimulating stones if sensitive
- Remove during rigorous physical activity to avoid damage

Possible Side Effects

- May trigger emotional detox or vivid dreams as part of heart chakra clearing
- Temporary feelings of emotional vulnerability may arise before clarity sets in

Care Instructions

- Clean gently with a soft, dry cloth
- Avoid harsh chemicals and prolonged moisture
- Store in a soft pouch when not in use

Materials

100% Natural Coral Jade Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This item is a wellness accessory and spiritual aid, not a medical device. Not intended to diagnose or treat any conditions. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Elephant Skin Jasper Crystal Bracelet

Grounding | Strength | Emotional Stability | Protection 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Elephant Skin Jasper is a unique variety of Jasper known for its intricate patterns resembling the textured skin of an elephant. This grounding stone is valued for its ability to bring strength, stability, and protection. It supports emotional resilience, helps release stress, and encourages a calm, steady presence during turbulent times. The **Elephant Skin Jasper Crystal Bracelet** from Seamoss Africa is a perfect companion for anyone seeking balance and inner strength.

汼 Key Benefits

Grounding & Protection

- Anchors energy to the Earth and shields against negativity
- Helps create a stable and secure emotional environment

💪 Strength & Resilience

- Builds courage and perseverance through challenges
- · Supports physical and emotional stamina

K Emotional Stability

- Calms anxiety and soothes emotional unrest
- Encourages patience and thoughtful decision-making

🧘 Balance & Centering

- Helps maintain calm focus during stress
- Promotes mindfulness and presence

- Wear on the non-dominant wrist to foster grounding and protection
- Use during stressful situations or emotional challenges
- Incorporate into meditation for deep stability and balance

Ocleansing & Charging Instructions

Moonlight

Recharge under moonlight to renew protective energy

🔆 Sunlight

• Can be safely charged in morning sunlight

Salt Bowl (Dry Only)

Cleanse with dry salt—avoid water immersion

Palo Santo or Sage Smoke

• Smudge regularly to clear stagnant energy and refresh

Contraindications & Cautions

- Stone is durable but handle with care to avoid chipping
- May intensify feelings of grounding—remove if feeling overly heavy

Possible Side Effects

- May bring buried emotions to surface for healing
- Could cause temporary emotional heaviness during adjustment

Care Instructions

- Clean with a soft, dry cloth
- Avoid harsh chemicals and prolonged water exposure
- Store in a soft pouch or box

Materials

100% Natural Elephant Skin Jasper Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This product is a spiritual tool and not a medical device. Not intended to diagnose, treat, or cure diseases. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Fluorite Crystal Bracelet

Mental Clarity | Protection | Focus | Aura Cleanser 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Fluorite is known as the *Genius Stone*, revered for its ability to enhance mental clarity, spiritual awareness, and energetic protection. With stunning bands of purple, green, blue, and clear hues, Fluorite is a highly stabilizing and harmonizing crystal that aligns the **Third Eye and Crown Chakras**, while also cleansing your aura of stress, confusion, and negativity.

The **Fluorite Crystal Bracelet** from Seamoss Africa is perfect for students, creatives, empaths, or anyone seeking to focus the mind and protect their energy.

汼 Key Benefits

Mental Clarity & Focus

- Enhances concentration, decision-making, and organization
- Ideal for studying, work performance, or intellectual pursuits

Aura Cleansing & Protection

- Absorbs and neutralizes negative energy
- Shields from EMF exposure and psychic interference

Emotional Balance & Stress Relief

- Soothes anxiety, mood swings, and mental fog
- Stabilizes emotional extremes and inner chaos

Intuition & Spiritual Growth

- Stimulates the Third Eye Chakra for insight and intuitive vision
- Encourages clarity in meditation and spiritual exploration

- Wear on the right wrist for energetic protection and clarity
- Use during study, meditation, or decision-making moments
- Place under your pillow to support mental calm and vivid dreams

Cleansing & Charging Instructions

Moonlight

• Recharge under moonlight to amplify spiritual clarity

🔆 Sunlight

• Avoid direct sunlight—may fade the color

Salt Bowl (Dry Only)

• Cleanse in dry salt or place near a bowl of salt—do not soak

Palo Santo or Sage Smoke

• Ideal for regular energetic cleansing without damaging the stone

Contraindications & Cautions

- Not water-safe—Fluorite is a softer mineral that may erode over time
- May overstimulate if worn during sleep—remove if rest is disrupted

Possible Side Effects

- May intensify mental awareness—can be overstimulating for very sensitive individuals
- Deep aura cleansing may bring unresolved emotions or thoughts to the surface

Care Instructions

- Gently wipe with a soft, dry cloth
- Avoid water, perfumes, and abrasive cleaning
- Store in a dark, dry pouch or box

Materials

100% Natural Fluorite Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This crystal bracelet is a spiritual wellness tool and not intended to diagnose, treat, cure, or prevent any illness. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
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Frankincense Essential Oil - 6ml

Purifying | Relaxation | Immune Support | Spiritual Clarity 100% Pure | Therapeutic Grade | Natural | Vegan

Product Overview

Frankincense essential oil is a precious resin oil derived from the **Boswellia** tree, long treasured for its sacred use in spiritual rituals and natural healing. Known for its calming, purifying aroma, frankincense supports emotional balance, respiratory health, and immune function. It is widely used in aromatherapy to foster deep relaxation, mental clarity, and spiritual connection.

Seamoss Africa brings you pure, cold-pressed, steam-distilled frankincense oil with no additives, perfect for holistic wellness and ritual use.

Respiratory Support

- Helps clear airways and promote easier breathing
- Soothes respiratory inflammation and congestion

🧘 Emotional & Spiritual Balance

- Calms anxiety and stress with grounding aroma
- Enhances meditation, prayer, and mindfulness practices
- Opens pathways for spiritual insight and clarity

Immune Support

- Contains natural anti-inflammatory and antiseptic properties
- Supports skin health and wound healing when diluted

Matural Purifier

- Helps cleanse the air and environment from negative energy
- Aids in detoxification when used in diffusers or baths

How to Use

- Diffuse 3-5 drops in a diffuser for calming atmosphere
- Add diluted oil (with carrier oil) for topical application on pulse points
- Mix a few drops into bathwater for a relaxing soak
- Use in spiritual rituals to purify spaces and enhance meditation

Contraindications & Cautions

- For external use only when diluted; avoid direct skin contact without carrier oil
- Avoid use during pregnancy and breastfeeding without medical advice
- Keep out of reach of children
- Possible skin sensitivity or allergic reaction perform patch test

Possible Side Effects

- Skin irritation if undiluted or for sensitive skin
- Respiratory irritation if inhaled in large amounts

Storage Instructions

- Store in a cool, dark place away from direct sunlight
- Keep bottle tightly closed to preserve potency

Ingredients

100% Pure Frankincense (Boswellia carterii) Essential Oil No additives, fillers, or synthetic fragrances

Legal & Safety Disclaimer

This essential oil is a natural product intended for aromatherapy and topical use only. It is not a medicine and is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional before use if you have health conditions.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Golden Black Obsidian Crystal Bracelet

Protection | Grounding | Emotional Healing | Transformation 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Golden Black Obsidian is a powerful and striking volcanic glass known for its deep black color with shimmering golden flecks. This stone is a potent protector and cleanser of negative energies, providing grounding and emotional healing. Revered for its ability to reveal hidden truths and promote personal transformation, the **Golden Black Obsidian Crystal Bracelet** from Seamoss Africa offers strength and clarity to those navigating change.

Key Benefits

Strong Energetic Protection

- Shields against negativity, psychic attacks, and emotional drain
- Creates a protective barrier around your aura

Grounding & Stability

- Anchors your energy to the Earth
- Helps release stress, anxiety, and emotional blockages

💔 Emotional Healing & Truth

- Encourages self-reflection and uncovering hidden patterns
- Supports the release of past trauma and emotional wounds

Transformation & Growth

- Facilitates personal growth and spiritual evolution
- Aids in breaking old habits and embracing new beginnings

- Wear on your dominant wrist for maximum grounding and protection
- Use during meditation or emotional processing sessions
- Carry or wear during challenging situations to stay centered

Cleansing & Charging Instructions

Moonlight

• Recharge under the light of a Full Moon or New Moon

🔆 Sunlight

Can tolerate short periods of sunlight—avoid prolonged exposure

Salt Bowl (Dry Only)

• Cleanse with dry salt or place near salt crystals—avoid soaking

Palo Santo or Sage Smoke

Smudge regularly to clear and reset energy

Contraindications & Cautions

- Can bring deep emotions to the surface—use with intention
- Handle with care to avoid scratching the surface

Possible Side Effects

- Intense emotional release or catharsis may occur
- May feel heavy if overused—balance wearing time

Care Instructions

- Wipe with a soft, dry cloth
- Avoid water, harsh chemicals, and abrasive materials
- Store separately to prevent damage

Materials

100% Natural Golden Black Obsidian Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This bracelet is a spiritual wellness tool and not a substitute for professional medical care. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Green Aventurine Crystal Bracelet

Luck | Healing | Prosperity | Heart Chakra 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Green Aventurine Crystal Bracelet** is a beautiful, earthy green stone known as the *"Stone of Opportunity."* Believed to be one of the luckiest crystals, it attracts abundance, encourages emotional healing, and supports the heart chakra. Green Aventurine is perfect for those looking to invite more prosperity, health, and inner peace into their lives.

Seamoss Africa brings you this natural gemstone bracelet for daily use as a gentle yet powerful aid in restoring balance and opening new doors.

*** Attracts Luck & Prosperity**

- Known for boosting good fortune in opportunities, finances, and games of chance
- Encourages risk-taking and forward motion

Supports Emotional Healing

- Soothes emotional wounds and balances the heart chakra
- Encourages compassion, forgiveness, and self-love

🧘 Promotes Calm & Wellbeing

- Helps reduce stress and anxiety
- Brings emotional tranquility and optimism

🌱 Encourages Growth & Confidence

- Inspires motivation for new beginnings and personal development
- Builds confidence and perseverance

How to Use

• Wear on the left wrist to absorb healing and calming energy

- Ideal to wear during job interviews, new ventures, or periods of change
- Place near plants or money altar to amplify prosperity energy

Cleansing & Charging Instructions

Moonlight (Recommended)

• Place under full moon overnight to reset and recharge

Sunlight (Moderate)

• Brief sunlight exposure brings vibrancy, but avoid overexposure to prevent fading

Salt Bowl (Dry)

Use a bowl of dry salt to remove unwanted energies—avoid soaking

Palo Santo or Sage Smoke

• Sweep through smoke after intense emotional days or energy work

Contraindications & Cautions

- May dull your motivation if you rely on luck over action—stay intentional
- Avoid combining with overly stimulating stones if you're feeling emotionally delicate

Possible Side Effects

- Heightened emotional awareness or nostalgia during heart chakra activation
- May surface old emotional wounds for healing

Care Instructions

- Clean gently with a dry cloth
- Store away from direct heat and heavy energy environments
- Cleanse regularly when worn daily or after emotional use

Materials

100% Natural Green Aventurine Beads

Elastic Cord | Hand-strung | No synthetic colorants or treatments

Legal & Safety Disclaimer

This product is a spiritual wellness item and not a medical device. It is not intended to

diagnose, treat, cure, or prevent any condition. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
E Email: info@seamossafrica.co.za



Hematite Crystal Bracelet

Grounding | Protection | Focus | Energy Balance 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Hematite is a powerful grounding stone known for its silvery, metallic sheen and strong stabilizing energy. It's deeply connected to the **Root Chakra**, making it ideal for those who need anchoring, emotional balance, and protection from chaotic or draining environments.

The **Hematite Crystal Bracelet** from Seamoss Africa is both a statement of strength and a tool for staying centered—mentally, physically, and spiritually.

Key Benefits

🧘 Grounding & Stability

- Anchors your energy to the Earth
- Ideal for overthinkers and empaths who need grounding

Tenergy Protection

- Shields against negative vibrations and EMF exposure
- Seals your aura and deflects psychic interference

Mental Clarity & Focus

- Enhances concentration, memory, and decision-making
- Supports academic, work, or meditation practices

Physical Vitality & Blood Circulation

- Traditionally believed to support healthy blood flow
- Promotes stamina, endurance, and detox

- Wear on either wrist for grounding and energy protection
- Place near your workspace or wear during focus-heavy tasks
- Use during meditation or journaling to bring your awareness into the body

Oleansing & Charging Instructions

Moonlight

• Recharge under moonlight (any phase)—especially calming under a Waning Moon

★ Sunlight

• Short sun exposure is okay—avoid prolonged heat

Salt Bowl (Dry Only)

• Cleanse in dry sea salt or Himalayan salt—do not soak in water

Palo Santo or Sage Smoke

Wave through cleansing smoke to clear energy buildup

▲ Contraindications & Cautions

- Not water-safe—iron content may rust or degrade with moisture
- May feel too heavy or intense for very sensitive or airy personalities

Possible Side Effects

- Strong grounding can lead to drowsiness if overused
- May bring unresolved emotions to the surface to be processed

Care Instructions

- Wipe clean with a soft, dry cloth
- Avoid water, perfumes, and harsh chemicals
- Store in a cloth pouch or separate compartment

Materials

100% Natural Hematite Gemstone Beads Elastic Cord | Hand-strung | No synthetic polish

Legal & Safety Disclaimer

This crystal bracelet is a spiritual wellness tool and not a replacement for professional healthcare. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Labradorite Crystal Bracelet

Protection | Intuition | Transformation | Spiritual Awakening 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Known for its mesmerizing flashes of blue, green, and gold—**Labradorite** is often called the *Stone of Magic*. It awakens intuition, enhances spiritual gifts, and provides a protective shield against negative energies and spiritual interference. Ideal for healers, empaths, and those going through personal transformation, the **Labradorite Crystal Bracelet** from Seamoss Africa offers deep soul support in a wearable form.

汼 Key Benefits

Psychic Protection & Shielding

- Forms a protective barrier around the aura
- Blocks energy drains, spiritual attacks, and emotional vampires

Awakens Intuition & Inner Sight

- Stimulates the Third Eye Chakra
- Heightens psychic abilities, dream recall, and spiritual awareness

Supports Personal Transformation

- Encourages courage during change and transition
- Helps release fears, old patterns, and limiting beliefs

🧘 Balances the Mind & Spirit

- Calms overactive thinking
- Connects you to higher guidance during meditation or spiritual practice

- Wear on your left wrist to absorb intuitive energy
- Use during meditation, divination, or journaling
- Keep near your bed to enhance dreams and insights

Cleansing & Charging Instructions

Moonlight

• Best cleansed and charged under a Full or New Moon

🔆 Sunlight

Can tolerate brief sun exposure—avoid prolonged direct sunlight

Salt Bowl (Dry Only)

• Cleanse with dry salt (do not soak)—Labradorite can be delicate

Palo Santo or Sage Smoke

• Excellent for clearing stagnant energy without physical abrasion

↑ Contraindications & Cautions

- May overstimulate sensitive individuals if worn constantly—take breaks when needed
- Handle with care—can scratch or chip easily

Possible Side Effects

- May trigger intense dreams or vivid visions
- Can magnify inner emotions—ideal for intentional spiritual work

Care Instructions

- Wipe with a soft, dry cloth
- Avoid water, perfume, and harsh cleaners
- Store in a pouch or separate box to protect from scratches

Materials

100% Natural Labradorite Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This crystal bracelet is for spiritual and wellness purposes only. It is not a substitute for professional medical advice or treatment. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Lapis Lazuli Crystal Bracelet

Wisdom | Intuition | Inner Truth | Third Eye Activation 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Lapis Lazuli Crystal Bracelet** features royal blue stones flecked with golden pyrite—a symbol of truth, wisdom, and spiritual insight for thousands of years. Highly revered in ancient Egypt and Mesopotamia, Lapis Lazuli stimulates the Third Eye and Throat Chakras, making it a powerful tool for communication, intuition, and inner vision.

Seamoss Africa offers this bracelet for those seeking mental clarity, spiritual connection, and the courage to express their authentic voice.

Key Benefits

Mental Clarity & Wisdom

- Sharpens memory, learning, and critical thinking
- Encourages deep reflection and wise decision-making

Spiritual Awakening & Intuition

- Activates the Third Eye chakra—supports dreams, insight, and inner knowing
- Aids in meditation, spiritual guidance, and alignment

Truth & Communication

- Helps express thoughts and emotions clearly and with confidence
- Supports honest and compassionate dialogue

🧘 Emotional Healing

- Releases suppressed emotions and supports self-awareness
- Calms anxiety and mental tension through understanding

How to Use

• Wear on the left wrist for intuitive alignment and emotional insight

- Use during journaling, meditation, or spiritual practices
- Keep nearby when seeking truth, clarity, or meaningful communication

Cleansing & Charging Instructions

Moonlight (Recommended)

• Recharge under a full or new moon to enhance its intuitive power

Sunlight

Avoid direct sunlight for long periods—may fade the deep blue color

Salt Bowl (Dry Only)

Cleanse in dry salt (no soaking) to release negative energy

Palo Santo or Sage Smoke

• Gently smoke-cleanse after emotional work or energy healing sessions

Contraindications & Cautions

- Not ideal for overly logical or skeptical states—may feel "distracting"
- · Avoid prolonged use during highly emotional times if it feels overstimulating

Possible Side Effects

- Heightened dreams, vivid inner visions
- May trigger release of repressed emotional or mental patterns

Care Instructions

- Wipe clean with a dry, soft cloth
- Store in a soft pouch or separate compartment
- Cleanse regularly to maintain energetic clarity

Materials

100% Natural Lapis Lazuli Beads Elastic Cord | Hand-strung | Untreated & Authentic

Legal & Safety Disclaimer

This product is a spiritual and energetic aid, not a medical treatment. It is not intended to

diagnose, treat, cure, or prevent any illness. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us
Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za



Leopard Skin Jasper Crystal Bracelet

Healing | Protection | Grounding | Emotional Balance 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Leopard Skin Jasper is a distinctive jasper variety known for its spotted patterns reminiscent of a leopard's coat. This powerful stone is celebrated for its ability to promote physical healing, emotional protection, and spiritual grounding. It supports self-healing and personal strength, making it ideal for those seeking balance and resilience. The **Leopard Skin Jasper Crystal Bracelet** from Seamoss Africa offers a unique blend of beauty and powerful energetic benefits.

Key Benefits

Protection & Grounding

- Shields against negative energies and psychic attacks
- Grounds the wearer by connecting to Earth's stabilizing energies

Physical & Emotional Healing

- Supports detoxification and regeneration
- Helps soothe anxiety and emotional turmoil

💪 Strength & Resilience

- Boosts courage and perseverance through challenges
- Encourages personal growth and self-confidence

🌿 Spiritual Connection

- Enhances connection with animal totems and spirit guides
- Supports meditation and spiritual awareness

How to Use

- Wear on the dominant wrist for enhanced protection and energy
- Use during healing sessions or meditation
- Carry during times of emotional distress or physical recovery

Cleansing & Charging Instructions

Moonlight

• Recharge under the light of the Full Moon or New Moon

🔆 Sunlight

• Safe for sunlight exposure; avoid prolonged direct sun

Salt Bowl (Dry Only)

Cleanse with dry salt—avoid soaking in water

Palo Santo or Sage Smoke

• Smudge regularly to clear energetic buildup

Contraindications & Cautions

- Durable but avoid harsh impacts to prevent damage
- May bring deep emotions to surface—use with care

Possible Side Effects

- Emotional release or intensified feelings during healing
- Temporary fatigue as detoxification occurs

Care Instructions

- Clean with a soft, dry cloth
- Avoid chemicals and prolonged water exposure
- Store in a padded pouch or box

Materials

100% Natural Leopard Skin Jasper Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This product is intended for spiritual wellness and not medical use. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Moonstone Crystal Bracelet

Feminine Energy | Intuition | Emotional Balance | New Beginnings 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Moonstone Crystal Bracelet** shimmers with a soft, opalescent glow—honored for centuries as a sacred stone of the divine feminine, mystery, and the moon. A stone of **inner growth**, **emotional healing**, and **intuition**, Moonstone is deeply connected to the lunar cycle and is especially powerful during times of change, reflection, or spiritual work.

Seamoss Africa offers this ethereal bracelet for those seeking calm, clarity, and spiritual alignment—especially during new phases in life.

汼 Key Benefits

Supports Intuition & Inner Wisdom

- Activates the Third Eye and Crown chakras
- Heightens sensitivity to spiritual messages and inner guidance

🧘 Promotes Emotional Healing & Calm

- Soothes emotional instability and stress
- Balances mood swings, especially for hormonal cycles

🌸 Feminine Energy & Fertility Support

- Resonates with the womb and reproductive energy
- Often used to support menstrual harmony and conception journeys

Aids in New Beginnings

- Supports transition, rebirth, and letting go of the past
- Encourages hope, patience, and trust in timing

P How to Use

Wear on the left wrist to align with intuition and feminine energy

- Meditate with during the New or Full Moon
- Ideal for journaling, moon rituals, or emotional healing work

Cleansing & Charging Instructions

Moonlight (Preferred)

• Best charged under the Full Moon—enhances its natural lunar energy

Sunlight

Use minimal direct sun—may dull the iridescent glow

Salt Bowl (Dry Only)

Place in dry salt to clear energies—avoid soaking

Palo Santo or Sage Smoke

• Use smoke to gently cleanse after emotional or spiritual work

Contraindications & Cautions

- Can intensify emotions during Full Moons—use gently during heightened states
- May not be ideal for those seeking strong grounding stones

Possible Side Effects

- Vivid dreams or intuitive downloads
- May surface hidden emotions for processing

Care Instructions

- Wipe with a soft, dry cloth
- Store away from other hard stones to avoid scratches
- Cleanse regularly during emotional or moon work

Materials

100% Natural Moonstone Beads

Elastic Cord | Hand-strung | No synthetic enhancements

Legal & Safety Disclaimer

This crystal bracelet is a spiritual wellness tool and not a substitute for medical treatment. It is

not intended to diagnose, treat, cure, or prevent any illness. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
El Email: info@seamossafrica.co.za



Pietersite Crystal Bracelet

Clarity | Inner Vision | Protection | Transformation 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Pietersite, often called the "Tempest Stone," is a powerful crystal known for its storm-like swirls of gold, blue, brown, and grey. This rare stone activates the third eye and solar plexus chakras, helping you access inner truth, spiritual insight, and personal power. The **Seamoss Africa Pietersite Bracelet** is ideal for those going through life transitions, emotional shifts, or spiritual awakening, offering strength, clarity, and protection along the way.

Key Benefits

Spiritual Awakening

- Stimulates the third eye for deeper intuition and psychic perception
- Supports meditation, visioning, and spiritual clarity

Personal Transformation

- Helps break old habits, thought patterns, and emotional blockages
- Encourages courage and decisive action during change

Energetic Protection

- Shields against spiritual interference and negative influences
- Grounds the body while keeping the spirit alert and focused

Mental Focus & Willpower

- Activates the solar plexus for motivation, confidence, and willpower
- Boosts mental clarity and decision-making

How to Use

- Wear during periods of change or uncertainty for strength and clarity
- Ideal for meditation, inner work, and setting strong intentions
- Use in manifestation rituals to align with your higher path

Oleansing & Charging Instructions

Moonlight

Recharge under a full moon to align with higher vision and inner peace

★ Sunlight

Safe for short morning sun exposure to energize personal power

Salt (Dry Only)

Cleanse by placing near a bowl of dry salt—do not submerge

Palo Santo or Sage Smoke

• Smudge regularly to release absorbed energy and keep vibrations high

♠ Contraindications & Cautions

- May be too stimulating if worn overnight—remove before sleep if overactive mind occurs
- Not ideal to wear with very soft, calming stones if deep focus is needed

Possible Side Effects

- May trigger intense dreams, deep insights, or emotional releases during use
- Can amplify energy—avoid overuse if feeling mentally overstimulated

Care Instructions

- Clean gently with a dry or lightly damp cloth
- Avoid water immersion and chemical exposure
- Store separately in a soft pouch or jewelry box

Materials

100% Natural Pietersite Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This bracelet is a spiritual and wellness tool, not a medical device. It is not intended to diagnose, treat, cure, or prevent any illness. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Pink Zebra Jasper Crystal Bracelet

Balance | Compassion | Inner Peace | Grounding 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Pink Zebra Jasper is a nurturing and protective stone that gently balances feminine and masculine energies. With its soft pink hues and unique zebra-like patterns, it carries a calm, loving energy that supports emotional healing, inner harmony, and grounded self-awareness. The **Seamoss Africa Pink Zebra Jasper Bracelet** is perfect for those seeking peace, emotional balance, and heart-centered living.

Key Benefits

Emotional Balance

- Calms anxiety, tension, and emotional overwhelm
- Encourages gentleness with self and others

Compassion & Self-Love

- Opens the heart to love and emotional healing
- Fosters empathy, kindness, and forgiveness

Grounding & Stability

- Grounds scattered energy and soothes an overactive mind
- Balances yin and yang energies within the body

🧘 Inner Peace & Acceptance

- Helps release judgment, perfectionism, and fear
- Promotes acceptance of life's cycles and your personal path

🢡 How to Use

- Wear daily for emotional support and grounding energy
- Ideal during stressful times or emotional healing journeys
- Use during meditation to center the heart and root chakras

Occuping & Charging Instructions

Moonlight

Recharge under a full moon for deep emotional reset and clarity

★ Sunlight

• Short exposure to morning sunlight revitalizes its loving energy

Salt (Dry Only)

• Cleanse by placing near a bowl of sea or Himalayan salt overnight

Palo Santo or Sage Smoke

• Smudge gently to purify and refresh its calming vibrations

↑ Contraindications & Cautions

- Safe for most users—especially gentle for emotionally sensitive individuals
- Avoid combining with high-vibration crystals during grounding rituals

Possible Side Effects

- May bring emotional truths to the surface for healing
- Temporary tiredness or introspection may occur as emotional layers clear

Care Instructions

- Clean with a soft cloth—avoid harsh chemicals and soaking
- Store in a pouch or box to avoid scratches and tangling
- Do not expose to prolonged direct sunlight

Materials

100% Natural Pink Zebra Jasper Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

This product is a spiritual wellness tool, not a medical treatment. It is not intended to diagnose, treat, cure, or prevent any illness. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Pyrite Crystal Bracelet

Abundance | Protection | Confidence | Manifestation 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Often referred to as "Fool's Gold" for its radiant, gold-like shimmer, **Pyrite** is a stone of wealth, action, and protection. It's widely used to attract abundance and shield against negative energy. With grounding and empowering energy, the **Pyrite Crystal Bracelet** is ideal for entrepreneurs, creatives, and anyone seeking to level up their confidence, prosperity, and spiritual resilience.

Seamoss Africa brings you this powerful, high-vibration crystal in a wearable form to support success and energetic boundaries throughout your day.

汼 Key Benefits

« Wealth & Abundance Magnet

- Stimulates manifestation of financial success
- Encourages boldness in business and decision-making

Strong Protection Stone

- Shields against negative energy and psychic attacks
- Blocks energy leaks and energetic vampires

Confidence & Personal Power

- Strengthens willpower, determination, and focus
- Boosts self-worth and clears fear of failure

Mental Clarity & Focus

- Supports problem-solving and inspired thinking
- Balances masculine energy and assertiveness

💡 How to Use

- Wear on the right wrist to project energy outward and attract abundance
- Place near your work desk or cash register for prosperity flow
- Meditate with Pyrite on your Solar Plexus to ignite inner fire

Cleansing & Charging Instructions

Moonlight

• Safe for moonlight charging—especially during New Moons for new beginnings

🔆 Sunlight

Avoid prolonged direct sun—can cause fading or damage to metallic shine

Salt Bowl (Dry Only)

• Use dry salt for energetic cleansing—do not soak (Pyrite is iron-based and can rust)

Palo Santo or Sage Smoke

• Ideal for quick energetic resets without moisture exposure

♠ Contraindications & Cautions

- Not water-safe—avoid wearing during swimming or bathing
- Overuse may overstimulate ambition or ego—balance with heart-based stones like Rose Quartz

Possible Side Effects

- May cause restlessness or overdrive in sensitive users
- Can intensify assertive energy—combine with grounding practices

Care Instructions

- Wipe gently with a dry, soft cloth
- Avoid water, moisture, and harsh chemicals
- Store separately to preserve metallic surface

Materials

100% Natural Pyrite Gemstone Beads Elastic Cord | Hand-strung | No artificial coatings or dyes

Legal & Safety Disclaimer

This crystal product is intended for spiritual and wellness purposes. It is not a medical device and does not replace professional medical advice or treatment. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
www.seamossafrica.co.za



Rose Quartz Crystal Bracelet

Self-Love | Emotional Healing | Heart Chakra | Soothing Energy 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Rose Quartz Crystal Bracelet** is made from soft pink, natural rose quartz—revered as the *"Stone of Unconditional Love."* Known for its gentle, heart-centered energy, rose quartz encourages self-love, emotional healing, and deeper connection with others.

Seamoss Africa presents this elegant crystal bracelet to support emotional renewal, inner peace, and balanced relationships.

Key Benefits

💗 Love & Self-Acceptance

- Encourages unconditional love, self-worth, and compassion
- Ideal for those healing from heartbreak, grief, or rejection

🌸 Emotional Healing

- Soothes emotional wounds and calms anxiety or sadness
- Supports the release of toxic emotional patterns

Relationships & Harmony

- Opens the Heart Chakra to attract and nurture love
- Strengthens empathy, forgiveness, and communication

W Calm & Comfort

- Emits soft, nurturing energy that promotes peace and gentleness
- Great for daily wear to ease tension and promote emotional flow

How to Use

- Wear on the left wrist (receiving side) to absorb loving energy
- Ideal during meditation, journaling, or after emotional events
- Can be placed under a pillow to promote restful sleep and loving dreams

Cleansing & Charging Instructions

Moonlight (Most Recommended)

- Place the bracelet under full moonlight overnight to cleanse and charge
- Enhances feminine energy and emotional flow

Sunlight (Use Briefly)

• A few minutes of soft morning sun is fine, but avoid long exposure (can fade color)

Salt Bowl (Dry Method)

- Rest in a bowl of dry Himalayan or sea salt for several hours
- Do not submerge in liquid to protect the elastic cord

Palo Santo or Sage Smoke

• Gently pass through sacred smoke to release stagnant or absorbed energy

♠ Contraindications & Cautions

- May open emotional pathways—can feel intense during initial use
- Not a replacement for professional emotional or psychological care

♠ Possible Side Effects

- Temporary emotional vulnerability or tearfulness as healing begins
- Vivid dreams or resurfacing of emotional memories

Care Instructions

- Wipe gently with a soft, dry cloth
- Store in a soft pouch or jewelry box away from sunlight
- Cleanse often, especially after emotional experiences

Materials

100% Natural Rose Quartz Beads
Elastic Cord | Hand-strung | No synthetic dyes or polish

Legal & Safety Disclaimer

This product is a spiritual support tool and is not intended to diagnose, treat, cure, or prevent any medical or psychological conditions. It has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Snowflake Obsidian Crystal Bracelet

Grounding | Emotional Clarity | Protection | Transformation 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Snowflake Obsidian is a volcanic glass with unique grey-white crystal inclusions that resemble snowflakes. This striking stone is known for its ability to bring hidden patterns to light, offering deep emotional insight and grounding. The **Seamoss Africa Snowflake Obsidian Bracelet** provides powerful protection from negative energies while helping you recognize and release unhealthy patterns. It is ideal for inner reflection, shadow work, and emotional healing.

Key Benefits

Protection & Grounding

- Shields against negativity and psychic interference
- Grounds scattered energy and reconnects to Earth's stability

Emotional Clarity

- Helps recognize and release destructive habits or thoughts
- Encourages honest reflection without judgment

Shadow Work & Transformation

- Supports deep inner healing and personal transformation
- Useful during therapy, journaling, or spiritual detox practices

B Calm in Chaos

- Balances body, mind, and spirit in emotionally turbulent times
- Helps dissolve fear, resentment, and anger

How to Use

- Wear during meditation, therapy, or personal growth rituals
- Ideal in times of emotional overwhelm, stress, or transition
- Keep on your wrist when working in challenging environments

Cleansing & Charging Instructions

Moonlight

Recharge under a full moon to restore emotional clarity and calm

★ Sunlight

• Avoid long sun exposure—brief early morning light is enough

Salt (Dry Only)

• Cleanse by placing near a bowl of dry salt overnight

Palo Santo or Sage Smoke

• Smudge weekly to maintain its protective properties

♠ Contraindications & Cautions

- May be intense for very sensitive individuals—wear for short periods at first
- Best not combined with high-energy crystals like Moldavite during grounding work

Possible Side Effects

- May surface suppressed emotions for healing—be gentle with yourself
- Can feel heavy at first—adjust usage as needed

Care Instructions

- Wipe gently with a dry cloth
- Avoid harsh chemicals or prolonged water exposure
- Store separately to avoid scratches

Materials

100% Natural Snowflake Obsidian Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This product is a spiritual and emotional wellness tool, not a substitute for medical care. Not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Seamoss Africa Sodalite Crystal Bracelet

Intuition | Communication | Calm | Mental Clarity 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

Sodalite is a rich royal blue crystal with white veins, celebrated for its ability to enhance intuition, mental clarity, and truthful communication. It is deeply connected to the **Throat** and **Third Eye Chakras**, supporting clear expression and insightful thinking. The **Sodalite Crystal Bracelet** from Seamoss Africa is ideal for those seeking calm, focus, and confidence in communication and spiritual awareness.

汼 Key Benefits

🧘 Mental Clarity & Focus

- Helps quiet mental chatter and enhances logical thinking
- Supports problem-solving and creative insights

Enhanced Communication

- Opens the Throat Chakra for authentic and clear self-expression
- Encourages honest dialogue and active listening

Emotional Calm & Stress Relief

- Soothes anxiety, panic, and emotional turmoil
- Promotes inner peace and balanced emotions

Intuition & Spiritual Awareness

- Stimulates the Third Eye Chakra for heightened intuition
- Aids in dream recall and spiritual insight

How to Use

- Wear on the dominant wrist to improve communication and focus
- Use during public speaking, study, or meditation
- Keep close during times of emotional stress or conflict

Cleansing & Charging Instructions

Moonlight

• Cleanse and charge under the gentle glow of the Full Moon

🔆 Sunlight

Avoid prolonged direct sunlight to prevent fading

Salt Bowl (Dry Only)

• Cleanse with dry salt—do not soak in water

Palo Santo or Sage Smoke

• Smudge regularly to clear stagnant energies

♠ Contraindications & Cautions

- Avoid water exposure to prevent stone damage
- May intensify emotional processing in sensitive individuals

Possible Side Effects

- Increased emotional sensitivity temporarily
- May lead to deep reflection and introspection

Care Instructions

- Wipe gently with a dry, soft cloth
- Store in a dark, dry place away from moisture

Materials

100% Natural Sodalite Gemstone Beads Elastic Cord | Hand-strung | Ethically Sourced

Legal & Safety Disclaimer

This product is for spiritual wellness and not medical use. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Tiger's Eye Crystal Bracelet

Courage | Focus | Protection | Abundance 100% Natural Gemstone | Handcrafted | Unisex | One Size

Product Overview

The **Tiger's Eye Crystal Bracelet** is crafted from stunning, golden-brown natural tiger's eye—known as the *Stone of Courage and Confidence*. This dynamic gemstone blends the grounding energy of the Earth with the uplifting vibrance of the Sun, creating a balanced force of strength, clarity, and prosperity.

Seamoss Africa brings you this empowering bracelet to enhance mental focus, decision-making, and energetic protection—making it ideal for leaders, entrepreneurs, and anyone needing a confidence boost.

汼 Key Benefits

🦁 Courage & Confidence

- Strengthens willpower and inner resolve
- Helps overcome fear, doubt, and procrastination

- Supports quick thinking and decision-making
- Aids in staying grounded while thinking creatively

Energetic Protection

- Deflects negative energy and emotional manipulation
- Shields from envy, jealousy, and psychic attacks

Attracts Abundance

- Linked to financial growth and opportunities
- Balances ambition with integrity

How to Use

- Wear on the right wrist (projecting side) to enhance confidence and protection
- Use during business meetings, interviews, or when facing fears
- Carry or wear during goal-setting or manifestation work

Cleansing & Charging Instructions

Moonlight

Place under full moonlight overnight to gently cleanse and restore energy

Sunlight (Recommended)

- A powerful stone for solar energy—place in morning or sunset sun for 30–60 minutes
- Avoid long exposure to harsh midday light

Salt Bowl (Dry)

- Place in a bowl of dry Himalayan or sea salt for 4-8 hours
- Do not soak in liquid; may weaken string

Palo Santo or Sage Smoke

• Sweep through smoke to cleanse energetic residue after intense use

↑ Contraindications & Cautions

- May overstimulate if worn while trying to relax or sleep
- Avoid combining with overly calming stones if high energy isn't desired

Possible Side Effects

- Increased assertiveness or intensity
- Heightened alertness—may disrupt sleep if worn at night

Care Instructions

- Clean gently with a soft, dry cloth
- Store away from sharp objects to avoid scratching
- Cleanse regularly to maintain clarity and effectiveness

Materials

100% Natural Tiger's Eye Beads

Elastic Cord | Hand-strung | No dyes or synthetic treatments

⚠ Legal & Safety Disclaimer

This product is a metaphysical tool for energetic support and is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Always use in harmony with medical or therapeutic care.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Triple Protection Bracelet with Evil Eye Bead

Black Onyx • Hematite • Tiger's Eye • Evil Eye Charm Spiritual Protection | Grounding | Energy Shield | Luck Booster 100% Natural Gemstones | Handcrafted | Unisex | One Size

Product Overview

This enhanced version of the **Triple Protection Bracelet** combines the protective trio of **Black Onyx**, **Hematite**, and **Tiger's Eye** with the ancient **Evil Eye bead**, a globally recognized symbol of protection and spiritual defense. Together, they form a powerful energetic shield against negativity, envy, psychic attack, and emotional overwhelm—while boosting courage, clarity, and good fortune.

Key Benefits

Evil Eye Protection

- Deflects jealousy, envy, gossip, and energetic sabotage
- Enhances spiritual awareness and vibrational integrity
- Attracts good luck and positive connections

Triple Protection Energy

- Black Onyx: Absorbs negative energy and enhances emotional strength
- Hematite: Grounds and shields from electromagnetic frequencies
- Tiger's Eye: Balances energy and reflects psychic attack

Grounding & Inner Strength

- Promotes emotional stability and resilience under pressure
- Anchors your energy and supports clarity of thought

Confidence & Willpower

- Empowers you to overcome fear and self-doubt
- Encourages determination, mental sharpness, and motivation

How to Use

• Wear daily for protection in social, work, or spiritual spaces

- Ideal for empaths, healers, public figures, and spiritually sensitive individuals
- Touch or hold the evil eye bead during moments of emotional intensity or anxiety

Cleansing & Charging Instructions

Moonlight

• Recharge under the full moon to cleanse absorbed energy and realign intentions

Sunlight

• Brief exposure to early morning sun enhances its protective energy

Salt (Dry Method)

• Place near a bowl of dry salt overnight to remove dense energy (avoid submerging)

Smoke Cleansing (Palo Santo / Sage)

• Gently smudge to clear energetic buildup and revitalize stone properties

♠ Contraindications & Cautions

- May feel intense for very sensitive users—start with shorter wear periods
- Do not combine with overstimulating crystals unless guided by a practitioner

Possible Side Effects

- Emotional release or mood shifts may occur during deep energetic clearing
- May amplify awareness of toxic relationships or environments

Care Instructions

- Wipe gently with a soft cloth
- Do not soak; store in a dry, sacred space
- Cleanse at least once a week if worn daily

Materials

Natural Black Onyx • Hematite • Tiger's Eye Gemstones Glass Evil Eye Bead • Elastic Cord • Hand-strung • Ethically Sourced

Legal & Safety Disclaimer

This bracelet is a metaphysical support tool and not a substitute for medical or mental health

care. Not intended to diagnose, treat, cure, or prevent disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Triple Protection Crystal Bracelet

Black Onyx • Hematite • Tiger's Eye
Protection | Grounding | Confidence | Energy Shield
100% Natural Gemstones | Handcrafted | Unisex | One Size

Product Overview

The **Triple Protection Bracelet** is a powerful fusion of three of the most protective and empowering stones in crystal healing: **Black Onyx**, **Hematite**, and **Tiger's Eye**. This sacred trio works in harmony to ground your energy, shield against negativity, and boost inner strength and courage. Perfect for those seeking balance, confidence, and energetic protection throughout the day.

Key Benefits

Powerful Protection

- Black Onyx absorbs and transforms negative energy
- Hematite forms a strong protective barrier from electromagnetic fields and toxic environments
- Tiger's Eye deflects the evil eye and psychic attack

Grounding & Stability

- Hematite connects you deeply to the earth's energy
- Black Onyx enhances inner strength during challenges
- Encourages mental clarity and emotional resilience

Confidence & Willpower

- Tiger's Eve enhances focus, motivation, and decision-making
- Supports courage in taking bold actions
- Helps overcome fear and self-doubt

How to Use

- Wear daily for energetic protection and emotional grounding
- Ideal in high-stress, high-energy, or toxic environments
- Use during meditation, shadow work, or when needing courage

Occuping & Charging Instructions

Moonlight

• Recharge overnight under full moonlight for energetic purification

★ Sunlight

• Limit exposure—brief morning sunlight is enough to revitalize its strength

Salt (Dry Only)

• Cleanse by placing near a bowl of dry salt (do not submerge)

Palo Santo or Sage Smoke

• Smudge regularly to clear absorbed negative energies

♠ Contraindications & Cautions

- May feel intense for sensitive individuals—adjust usage accordingly
- Avoid pairing with high-vibration stones like Moldavite unless intentionally balancing

Possible Side Effects

- Can bring suppressed emotional or mental patterns to surface
- May feel "heavy" if worn for long periods without energetic cleansing

Care Instructions

- Wipe clean with a soft cloth
- Avoid soaking or harsh chemicals
- Store separately in a pouch or box to preserve energy and appearance

Materials

Natural Black Onyx • Natural Hematite • Natural Tiger's Eye Beads Elastic Cord | Hand-strung | Ethically Sourced

This product is a spiritual wellness tool, not a substitute for professional medical advice or treatment. Not intended to diagnose, treat, cure, or prevent disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Volcanic Stone (Lava Stone) Crystal Bracelet

Grounding | Courage | Strength | Essential Oil Diffuser 100% Natural Lava Stone | Handcrafted | Unisex | One Size

Product Overview

Volcanic Stone, also known as **Lava Stone**, is formed from cooled molten lava, carrying the earth's raw elemental energy. Known for its powerful grounding and stabilizing properties, it supports emotional strength, courage, and resilience. The **Seamoss Africa Lava Stone Bracelet** is porous, making it an ideal natural diffuser for essential oils, allowing you to benefit from aromatherapy throughout the day.

汼 Key Benefits

Grounding & Stability

- Anchors your energy to the Earth
- Supports balance and calm in stressful or chaotic situations

Courage & Strength

- Encourages resilience through life's changes
- Boosts confidence, determination, and emotional endurance

Emotional Release

- Helps dissipate anger, frustration, and emotional tension
- Assists in letting go of emotional baggage

Aromatherapy Support

- Absorbs essential oils to enhance mood and healing benefits
- Wear with calming oils (lavender), energizing oils (citrus), or balancing oils (frankincense)

How to Use

- Wear daily to stay grounded and calm
- Add a drop of essential oil to the stones—allow to absorb for scent diffusion
- Use during meditation, exercise, or energy healing for extra support

Cleansing & Charging Instructions

Moonlight

Recharge under a full moon to renew energetic clarity

🔆 Sunlight

Safe for short sun exposure—revitalizes its earthy energy

Salt (Dry Only)

• Cleanse by placing near a bowl of dry salt (do not submerge)

Palo Santo or Sage Smoke

• Smudge to remove any absorbed emotional or environmental energy

Contraindications & Cautions

- Porous surface may absorb unwanted substances—avoid strong chemicals or perfumes
- Not ideal for very sensitive skin when used with undiluted oils

Possible Side Effects

- None known when used mindfully—may intensify emotional releases for some users
- Always test essential oils on skin before applying to lava stone

Care Instructions

- Wipe gently with a cloth—avoid soaking
- Clean oils off beads regularly to prevent buildup
- Store in a dry, soft pouch

Materials

100% Natural Volcanic Lava Stone Beads
Elastic Cord | Hand-strung | Essential Oil Compatible | Ethically Sourced

Legal & Safety Disclaimer

This bracelet is a spiritual and wellness support tool and is not intended to diagnose, treat, cure, or prevent any medical condition. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
mseamossafrica.co.za



Yellow Tourmaline Crystal Bracelet

Confidence | Manifestation | Emotional Balance | Solar Plexus Activation 100% Natural | Handcrafted | Energy Healing | Unisex

Product Overview

Yellow Tourmaline, also known as **Golden Tourmaline**, is a vibrant and uplifting stone that stimulates the **Solar Plexus Chakra**, enhancing self-confidence, personal power, and creativity. This radiant crystal supports emotional clarity and joyful expression, making it a powerful companion for manifesting your desires and overcoming fear, doubt, and emotional stagnation.

Worn as a bracelet, **Yellow Tourmaline** helps bring focus, optimism, and energetic protection into your daily life.

Key Benefits

Empowerment & Self-Confidence

- Strengthens willpower and self-assurance
- Encourages leadership and decision-making
- Helps you reclaim personal power

Emotional Balance

- Eases anxiety, emotional overwhelm, and fear
- Supports clarity in communication and expression
- Promotes joy, lightness, and a balanced emotional state

🌟 Manifestation & Abundance

- Helps attract opportunities aligned with your purpose
- Boosts focus and commitment toward your goals
- Encourages optimism and faith in your journey

Chakra Healing

- Activates the **Solar Plexus Chakra** (Manipura)
- Clears blockages related to self-worth and emotional control
- Promotes energetic alignment and confidence in one's path

How to Use

- Wear during goal-setting, public speaking, or confidence-building rituals
- Use in manifestation meditations and creative visualizations
- Keep on your wrist or in your energy field for daily motivation

O Cleansing & Charging Instructions

Moonlight

Recharge under the full moon to purify and realign the energy

Sunlight

• A few minutes of gentle morning sunlight will energize and activate it

Salt (Dry Method)

Place near Himalayan or sea salt (do not submerge in salt) overnight

Smoke Cleanse

• Cleanse with Palo Santo, sage, or frankincense to remove stagnant energy

♠ Contraindications & Cautions

- May amplify emotions—sensitive individuals should use during the day
- Avoid overexposure to strong sunlight to prevent stone fading

Possible Side Effects

- Can trigger emotional releases as blockages are cleared
- Some users may experience energetic "highs"—grounding may be necessary

Care Instructions

- Clean gently with a dry, soft cloth
- Avoid water and harsh chemicals
- Store in a cool, clean space—preferably near selenite or clear quartz

Materials

Natural Yellow Tourmaline Beads • Elastic Cord Handmade | Ethically Sourced | Reiki-charged

☼ Legal & Safety Disclaimer

This bracelet is intended as a spiritual tool and energy support. It is not a medical device and is not intended to diagnose, treat, or cure any illness. This product has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Yooperlite Crystal Stone

Grounding | Emotional Healing | UV Reactive | Unique Luminescence 100% Natural | Hand-Collected | Energy Healing | Raw Stone

Product Overview

Yooperlite is a rare, stunning stone discovered in the Great Lakes region, notable for its unique ability to **glow under UV light** due to the presence of fluorescent sodalite embedded in a syenite rock matrix. Beyond its mesmerizing glow, Yooperlite offers deep **grounding and emotional healing properties**, helping to balance mood, ease anxiety, and support spiritual growth.

Perfect for collectors, meditators, or anyone seeking a beautiful and powerful stone that combines visual wonder with potent metaphysical benefits.

Unique Luminescence

- Glows brightly under UV light, making it a captivating display piece
- Sparks creativity and wonder with its otherworldly glow

Grounding & Stability

- Connects to earth energy for emotional grounding
- Helps balance anxious or scattered thoughts
- Supports calmness and centeredness in stressful times

💖 Emotional Healing

- Eases emotional trauma and past wounds
- Promotes self-acceptance and inner peace
- Encourages gentle transformation and spiritual growth

☆ Chakra Support

- Resonates primarily with the Root Chakra for grounding
- Supports clearing emotional blockages for better energy flow

How to Use

- Place in meditation or healing spaces for grounding energy
- Use as a unique nightlight with a UV flashlight for calming ambiance
- Carry as a pocket stone to ease anxiety or stress throughout the day

Cleansing & Charging Instructions

Moonlight

Recharge energy and cleanse by placing under full moonlight

Sunlight

• Brief exposure to morning sunlight is beneficial (avoid harsh midday sun)

Salt (Dry Method)

• Place near a bowl of dry sea salt overnight (do not submerge)

Smoke Cleanse

Use Palo Santo or sage smudging to clear negative energy

♠ Contraindications & Cautions

- Handle with care—fragile surface may chip if dropped
- Use UV light cautiously—avoid direct exposure to eyes

Possible Side Effects

- Emotional release during deep healing work
- Sensitivity to light may occur if overexposed to UV

Care Instructions

- Wipe gently with a soft, dry cloth
- Store in a padded box or cloth bag
- Avoid water immersion and harsh chemicals

Materials

Natural Yooperlite Stone (Sodalite + Syenite) Hand-collected | Ethically sourced

☼ Legal & Safety Disclaimer

This product is a spiritual and decorative tool, not a medical device. It is not intended to diagnose, treat, or cure any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA).

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za



Palo Santo & Cinnamon Combo Essential Oil - 6ml

Cleansing | Uplifting | Warming | Spiritual Protection 100% Natural | Therapeutic Grade | Vegan | No Additives

Yes Product Overview

Experience the powerful synergy of **Palo Santo** and **Cinnamon** essential oils in this unique blend designed to cleanse your space, uplift your spirit, and provide energetic protection. Palo Santo, known as "holy wood," has been used for centuries in South American rituals to clear negative energies and invite positive vibrations. Cinnamon adds a warm, spicy note that stimulates the senses, boosts circulation, and supports vitality.

This combo oil is perfect for ritual use, meditation, or to add a refreshing and protective aroma to your daily routine.

汼 Key Benefits

🔥 Energetic Cleansing & Protection

- Clears negative energies and unwanted spirits
- Supports spiritual grounding and balance
- Enhances ritual and meditation practices

Uplifting & Invigorating

- Stimulates mental clarity and focus
- Boosts mood and energy with warming cinnamon notes
- Encourages feelings of vitality and empowerment

Holistic Wellness

- Cinnamon's natural antimicrobial properties support respiratory health
- Palo Santo promotes relaxation and emotional calm

How to Use

- Diffuse a few drops to cleanse and uplift your environment
- Dilute with carrier oil for topical application on pulse points

- Add to bath water for a warming, cleansing soak
- Use in smudging rituals or spiritual ceremonies

Contraindications & Cautions

- For external use only; dilute before applying to skin
- Avoid use during pregnancy and breastfeeding without medical advice
- Patch test for skin sensitivity, especially due to cinnamon's potency
- Keep out of reach of children

Possible Side Effects

- Skin irritation if applied undiluted
- Possible respiratory irritation if inhaled in excess

Storage Instructions

- Store in a cool, dark place away from direct sunlight
- Keep the bottle tightly sealed to maintain potency

Ingredients

100% Pure Palo Santo Essential Oil 100% Pure Cinnamon Bark Essential Oil No fillers, additives, or synthetic fragrances

Legal & Safety Disclaimer

This product is intended for aromatherapy and topical use only. It is not a medicine and is not designed to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Consult a healthcare professional before use if you have any medical conditions.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za
Email: info@seamossafrica.co.za



Intindili (75g)

Detox | Liver Cleanse | Blood Purifier | Traditional African Herbal Remedy 100% Natural | Wild-Harvested | Vegan | No Additives

W Product Overview

Intindili is a revered traditional African herbal remedy known for its potent detoxifying, liver-cleansing, and blood-purifying properties. For generations, it has been used in indigenous healing systems to promote inner cleansing, support healthy digestion, and boost immunity.

Sourced from trusted harvesters and minimally processed to preserve its active compounds, Seamoss Africa's **Intindili** is your natural ally for holistic cleansing and wellness.

Key Benefits

▲ Blood Cleansing & Circulation

- Traditionally used to purify the blood and promote better circulation
- Supports clearer skin and overall vitality

Liver Detoxification

- Promotes the elimination of toxins through liver and kidney pathways
- May help relieve liver congestion and support organ health

Digestive Health & Gut Reset

- Can aid in reducing bloating, gas, and sluggish digestion
- Gently stimulates bowel movements and cleanses the gut

🧠 Immune Support & Vital Energy

- Cleansed blood and liver support stronger immunity
- May increase stamina and reduce fatigue associated with toxic overload

Suitable Blood Types

- Type A: Beneficial for gentle detox and immune modulation
- Type B: Supports liver health and digestive balance
- Type AB: Harmonizing and cleansing for blood and lymph
- Type O: Effective for deep detox, especially when paired with a clean diet

How to Use

- Herbal Tea: Steep 1–2 teaspoons in hot water for 10–15 minutes. Drink once or twice daily
- **Detox Tonic:** Simmer with other cleansing herbs like Moringa, Ginger, or Clove for a holistic liver and blood cleanse
- Short-Term Cleanse: Use daily for 5-7 days for deep internal detox, then rest
- ✓ Vegan-Friendly ✓ Non-GMO ✓ No Artificial Additives

Contraindications & Cautions

Avoid or consult a healthcare provider before use if you:

- Are pregnant or breastfeeding
- Are taking blood thinners, diuretics, or liver medications
- Have low blood pressure or are prone to dehydration
- Are preparing for or recovering from surgery

Possible Side Effects

- May cause mild headaches, fatigue, or loose stool during detox phase
- Excessive use may result in dehydration or electrolyte imbalance
- If symptoms persist beyond 3–5 days, reduce dosage or discontinue use

Storage Instructions

- Store in a cool, dry place away from moisture
- Reseal bag or jar tightly after use
- Use within 3 months of opening for best freshness

Ingredients

100% Wild-Harvested Intindili Herb (Dried)

No preservatives. No fillers. Pure African botanicals.

Legal & Safety Disclaimer

This product is a **traditional herbal remedy** and natural supplement. It is not intended to diagnose, treat, cure, or prevent any disease. Not evaluated by the South African Health Products Regulatory Authority (SAHPRA). Always consult a healthcare professional before use, especially if you are on medication or managing a chronic condition.

Contact Us Seamoss Africa

Website: www.seamossafrica.co.za Email: info@seamossafrica.co.za