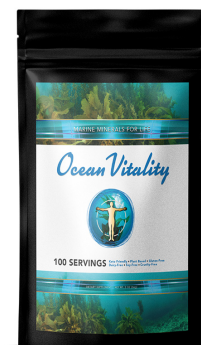


Ocean Vitality

marine minerals for life

ABNnaturals
PRODUCT INFORMATION PAGE

Ocean Vitality combines four nutrient-dense sea vegetables - nori, kelp, dulse, and Irish sea moss - to deliver a broad spectrum of naturally occurring vitamins, minerals, and antioxidants that support whole-body wellness. This synergistic blend provides plant-based sources of iodine for healthy thyroid function, along with calcium, magnesium, potassium, iron, and B vitamins for energy, metabolic balance, and nervous system support. Rich in antioxidants and soothing nutrients, these ocean botanicals also promote digestive comfort, healthy inflammation responses, and gentle detoxification. Ocean Vitality offers a simple, potent way to replenish minerals often lacking in modern diets and to nourish the body with the restorative benefits of the sea.*



DIRECTIONS

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

FUNCTIONAL CONSTITUENTS

- **Iodine:** Critical for healthy thyroid hormone production and metabolic regulation; abundant in kelp, nori, and Irish sea moss.*
- **Polysaccharides (including carrageenan from Irish sea moss and alginates/fucoidans from kelp):** Known for soothing the digestive tract, supporting gut health, assisting detoxification, and gently modulating immune responses.*
- **Potassium:** Especially abundant in dulse and kelp; key for electrolyte balance, blood pressure, and both nerve and muscle function.*
- **Magnesium:** Substantial in kelp and sea moss; supports energy production, muscle and nervous system health.*
- **Calcium:** Present in meaningful amounts in kelp and Irish sea moss; important for bone strength and overall metabolic function.*

Clinical studies for Ocean Vitality Ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7738648/>
- <https://pubmed.ncbi.nlm.nih.gov/29161815/>
- <https://pubmed.ncbi.nlm.nih.gov/31353655/>
- <https://pubmed.ncbi.nlm.nih.gov/15833383/>

Supplement Facts		
Serving Size: 1 scoop (.56 grams) Servings per container: 100		
Amount per serving		
Calories	6.12	
		100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.
		Ingredients: Organic Nori (Porphyra umbilicalis), Organic Kelp (Laminaria hyperborea), Organic Kelp (Ascophyllum nodosum), Organic Kelp (Laminaria digitalis), Organic Dulse (Palmaria palmata), Organic Irish Sea Moss (Chondrus crispus)
		Allergen Information: This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.
		Important Information: This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.
		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
		**Daily Value not established.
		These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
	Amount Per Serving	% Daily Value
Total Fat	.035g	.17%
Calories From Fat	0	
Saturated Fat	0g	0%
Trans Fat	0g	0%
Total Carbohydrate	.82g	.43%
Dietary Fiber	.6g	1.6%
Sugars	0g	
Protein	.56g	0%
Calcium	114mg	9%
Iron	3mg	17%
Potassium	85.07mg	2.5%
Iodine	3326.5mcg	2167%
Sodium	46.48mg	2.02%
Vitamin D	0mcg	0%
Zinc	0.72mg	9%
Selenium	1.41mcg	2.6%
Molybdenum	.69mcg	1.5%
Copper	.016mg	1.7%
Manganese	.23mg	10%
Vitamin A	7.5mcg	.83%
Vitamin C	.91mg	1%
Folate (Vitamin B9)	60.05mcg	15%
Niacin (Vitamin B3)	.115mg	.72%
Riboflavin (Vitamin B2)	.025mg	1.9%
Thiamine (Vitamin B1)	.025mg	2.08%
Phosphorus	6.84mg	.98%
Magnesium	24.66mg	6.85%

- <https://pubmed.ncbi.nlm.nih.gov/40997430/>
- <https://pubmed.ncbi.nlm.nih.gov/38248672/>
- <https://pubmed.ncbi.nlm.nih.gov/24573490/>
- <https://pubmed.ncbi.nlm.nih.gov/14583417/>

CAUTIONS

- **Safety Group 2:** Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- Keep out of reach of children.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*

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

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OCEAN VITALITY BATH

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

OCEAN VITALITY FACIAL MASK

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

Tips:

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

OCEAN VITALITY SMOOTHIE

- 1 tablespoon Ocean Vitality
 - 1 banana
 - 1 cup spinach or kale
 - 1 cup milk of your choice
 - 1 tablespoon preferred nut butter (almond, peanut, etc.)
 - 1 teaspoon honey or maple syrup (optional)
1. Combine all ingredients in a blender. Blend until smooth.*
 2. Adjust sweetness if desired and serve immediately.*

SALAD DRESSING

- 1 tablespoon Ocean Vitality
 - ¼ cup olive oil
 - 2 tablespoons apple cider vinegar
 - 1 teaspoon Dijon mustard
 - 1 clove garlic, minced
 - Salt and pepper
1. Whisk together all ingredients in a bowl until well blended.*
 2. Adjust seasoning to personal taste and drizzle over your favorite salads. Can be stored refrigerated for 1 to 2 days.*

QUINOA POWER BOWL

- 1 tablespoon Ocean Vitality
 - 1 cup cooked quinoa
 - ½ cup cherry tomatoes, halved
 - ½ cucumber, diced
 - ¼ cup chickpeas (canned/drained or cooked)
 - Dressing of your choice (e.g., olive oil, lemon juice, or the salad dressing above)
1. In a large bowl, gently mix the cooked quinoa, vegetables, and chickpeas.*
 2. Sprinkle Ocean Vitality over the top and drizzle with your chosen dressing.*
 3. Toss to combine and serve chilled or at room temperature.*

ENERGY BALLS

- 1 cup oats
 - 1 tablespoon Ocean Vitality
 - ½ cup nut butter (peanut, almond, etc.)
 - ¼ cup honey or maple syrup
 - ¼ cup chocolate chips or dried fruits (optional)
 - 1 teaspoon vanilla extract
1. In a mixing bowl, combine all ingredients until well mixed.*
 2. Roll the mixture into small balls, about 1 inch in diameter.*
 3. Place balls in a single layer on a baking sheet and refrigerate for at least 30 minutes to set.*
 4. Store in an airtight container in the fridge.*