

Sea Moss Side Effects



Though Sea Moss is rich in minerals and iodine, thus it also carries some of the side effects. Following are some of its side effects:

- If you are suffering from stomach problems, or stomach ulcers, don't purchase them. Otherwise, it can create cramps or infection in your stomach.
- Don't give sea moss products to small children as children have a weak immune system.
- These products can also create problems like dizziness, diarrhea, cramps, faintness, and headache.
- If you are Pregnant or breastfeeding, need not consume it. One must seek a doctor's advice before consuming it.
- Low blood pressure patients or person is going under any other medication; need not consume sea moss products.