

Immunity Booster

Sea Moss Supports:

- + Skincare support[†]
- + Mood boosting[†]
- + Boost metabolism[†]
- + Stress relief[†]

We create essential health supplements formulated for the modern woman's everyday needs. Her Own™ is women's wellness, evolved.

Gluten Free • Soy Free
No Synthetic Colors or Preservatives



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Bladderwrack

Helps boost immune system
& increases energy[†]

Burdock

Helps reduce inflammation &
aids in detoxification[†]



herown.com

Made in USA from globally
sourced ingredients

Her Own™

Irish sea moss

detox & metabolism

sea moss with bladderwrack and
burdock root supports thyroid health,
metabolism and detoxification[†]

Dietary Supplement
60 Capsules

Directions: Take 1 capsule up to 2 times daily as a dietary supplement or as directed by a healthcare professional.

Supplement Facts

Serving Size: 1 Capsule
Serving per container: 60

	Amount Per Serving
Proprietary Blend:	500 mg*
Organic Irish Sea Moss, Organic Bladderwrack, Organic Burdock	

*Daily Value not established.

Other ingredients: Hypromellose (capsule), organic bamboo shoot and leaf extract.

Contains: Fish & Shellfish.

- Keep out of reach of children.
- Store in a cool, dry place.
- Protect from heat, light and moisture.
- Do not use if seal is broken.

  @herownnutrition

Distributed by:
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