



SUPER SEASONINGS



SUPER BASE
Infused with Super Foods
MEDICINAL MUSHROOMS

7 mushroom blend
alfalfa leaf powder
Kale powder
Kelp powder
Dulse Shiso
moringa
rose hips
red raspberry
nettle
dandelion
Celtic Sea Salt®



Wonderful flavor, easy to use, high in adaptogens, minerals and vitamins. This super base can be added to any of our seasonings for enhanced flavor and nutrition.

For over 40 years Selina naturally° the home of Celtic Sea salt° has been guided by our mission to source products with integrity. We carry the intention to provide minerals in a variety of applications that can support our bodies immunity and innate ability to resist infections and illness.

The creation of our super seasonings was intended to provide powerful minerals, vitamins, and adaptogens that can be implemented into your everyday meals with an amazing flavor.

The base has all the super foods, we have used the base to enhance the seasoning line as a category disrupter. You can now enjoy getting a powerful boost of needed nutrients that will support your overall health and wellbeing.

Loaded with sea and land nutrients that can be added to any smoothie or soup, or just sprinkle on your food!

Sea Land Nutrition

www.selinanaturally.com

800-867-7258



KELP

high in antioxidants, hormone balancing , thyroid support, fight against free radicals



DULSE

improve thyroid health , heart health, nervous system, blood pressure



WAKAME

high in Iodine, blood pressure, lowering cholesterol, cancer fighting properties, may decrease blood sugar, improve insulin resistance



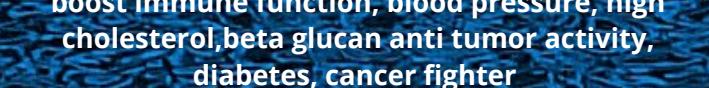
CHAGA MUSHROOM

detoxification , lowers blood pressure, enhances healing, reduces diabetic blood sugar levels, stimulates the endocrine system, deep R.E.M sleep, clarity of the mind, increases blood circulation, stimulates metabolism



CORDYCEPS MUSHROOM

protect kidneys , adrenal, lungs, and liver. immune booster, bronchitis, respiratory disease, adaptogen, aphrodisiac



MAITAKE MUSHROOM

boost immune function, blood pressure, high cholesterol,beta glucan anti tumor activity, diabetes, cancer fighter



SHITAKE MUSHROOM

immune support, destroy cancer cells, reduce inflammation, contains beta glucans, may improve liver function



DANDELION LEAF

antioxidant , inflammation, blood sugar, lower blood pressure, healthy liver iron, zinc, boron, calcium silicon Vitamin A, B, C, K, and E



KALE

antioxidant, beta carotene, vitamin C, quercetin, vitamin K

TURKEY TAIL MUSHROOM

increase energy, strengthen lungs, stomach and spleen, immune system, digestive health prebiotics. crohns, IBS even autism



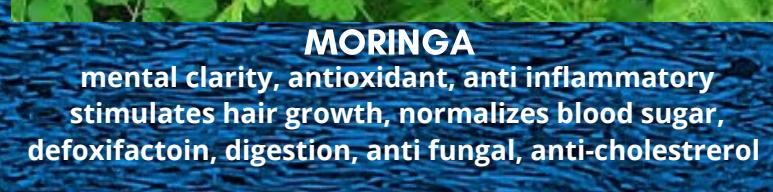
REISHI MUSHROOM

anti aging, immune system, prostate cancer,HPV, genital herpes, cold sores, cancer tumors



LIONS MANE MUSHROOM

boost cognitive performance, protect the brain, support nervous system, inflammation,immune system, digestive health, manage diabetic symptoms, depression and anxiety



MORINGA

mental clarity, antioxidant, anti inflammatory stimulates hair growth, normalizes blood sugar, defoxifaction, digestion, anti fungal, anti-cholesterol



ALFALFA LEAF

Supports diabetes, arthritis, urinary track, menstrual problem purifies blood and liver, alkaline effect, digestion, pituitary gland



SHISO LEAVES

support proper thyroid function, blood pressure, Heart disease, lowering cholesterol levels, cancer fighting properties, imporve insulin resistance



RED RASPBERRY LEAF

cardiovascular issues, digestive aid, immune system, fertilty aid , good for skin



NETTLE LEAF

inflammation, enlarged prostate symptoms, hay fever,lood pressure, blood sugar



ROSE HIPS

rich in Vitamin C , rheumatoid arthritis , reduces symptoms of knee and hip osteoarthritis, immune system

