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Pink Himalayan vs Table Salt

Pink Himalayan salt is a pink-colored salt extracted from the Khewra Salt Mine, which is located near the Himalayas in Pakistan. The Khewra Salt Mine is one of the oldest and largest salt mines in the world. The pink Himalayan salt harvested from this mine is believed to have been formed millions of years ago from the evaporation of ancient bodies of water. The salt is hand-extracted and minimally processed to yield an unrefined product that's free of additives and thought to be much more natural than table salt.

Salt is a mineral largely consisting of the compound sodium chloride. Salt contains about 98% sodium chloride by weight, which is why most people use the words "salt" and "sodium" interchangeably. Salt is produced by evaporating salt water or extracting solid salt from underground salt mines. Before it arrives at the grocery store, table salt also goes through a refining process to remove impurities and any other minerals besides sodium chloride.

Below is a comparison of minerals found in a gram of the two salts:

	Pink Himalayan	Table Salt
Calcium (mg)	1.6	0.4
Potassium (mg)	2.8	0.9
Magnesium (mg)	1.6	0.0139
Iron (mg)	0.0369	0.0101
Sodium (mg)	368	381

The amounts of the minerals are very small and will not provide or come close to the daily recommended intake. They just offer small amounts that may offer additional support. However, there is the claim that too much sodium can lead to high blood pressure and heart disease, although recent research has called this long-held belief into question. It is believed it may be due to sugar rather than salt (1).

1-<https://www.ncbi.nlm.nih.gov/pubmed/27449852>