

# Which Salt Contains More Minerals? An Analysis



	Sodium	Chloride	Magnesium	Potassium	Calcium	Sulfur	NaCl
<b>Baja Gold Sea Salt</b>	28%	49.8%	1.4%	1%	0.08%	1.1%	72%
<b>Celtic Sea Salt</b>	34.5%	54%	0.05%	0.1%	0.2%	1.2%	88.5%
<b>Redmond Real Salt</b>	37.9%	60.1%	0.1%	1%	0.5%	0.3%	98%
<b>Himalayan Pink Salt</b>	38%	58.4%	0.2%	0%	0.2%	0.1%	90.4%
<b>Makai Pure Sea Salt</b>	31%	52.4%	0.2%	0.4%	1.3%	0%	83.9%
<b>San Francisco Sea Salt</b>	32.6%	52.9%	0.5%	0.1%	0.2%	1.6%	87.5%
<b>Refined Salt</b>	39%	60%	0%	0%	0%	0%	97.7% to 99.9%

### The three types of unrefined salt are:

**Mined salts extracted from rock salt mines.** Real Salt from Redmond and the Pink Himalayan Salt fall into that category. These salts derive from ancient sea or lake salts which have been transformed into rock salt under heat and pressure from the earth movements over millions of years.

**Boiled evaporated sea salt.** This salt extraction technique involves boiling seawater until crystallization producing salt flakes. Traditional boiling process used clay pot heated over an open fire. But modern days brought the use of the aluminum pot to replace the traditional clay pot. Using aluminum with a corrosive agent like salt to boil raises concerns about aluminum residue in the final product. Examples of boiled down sea salt are the Maldon Salt and Cornish Sea Salt from UK, Icelandic Sea Salt from Iceland or the Outer Banks Sea Salt from the US.

**Open air or greenhouse sundry evaporated sea salt.** This group includes Sea-90 from Seaagri, Celtic Sea Salt, San Francisco Sea Salt, Sel Marin de Guerande and Makai Pure by Selina among many others. This type of salt is the closest in composition to seawater and bears its local/regional characteristics.

Pink Himalayan Salt is difficult to evaluate since it doesn't come from a specific company or even a single location. This salt is mined in Pakistan, not in the Himalayas, from many different mines, involving a great variation in mineral compositions between the mines. The Na/Cl ratio can vary between 85%-99%.

Many experts feel optimal benefit from our salt consumption require salt we consume should contain a mineral composition the closest possible to our blood mineral composition which displays almost the same ratio as the ocean's minerals. According to the comparison table above, Sea--90 has the lower ratio of NaCl among all the salts and by consequent is the closest to the blood NaCl ratio. This situation implies a higher percentage of all the other minerals present in this salt, again mimicking the blood mineral composition at its best.

-- Research compiled by Marie Gagnon.

*Marie is moderator on Iodine Workshop on Facebook. She is also a contributor to IodineResearch.com*

Research provided by Iodine Research

[www.iodineresearch.com](http://www.iodineresearch.com)