Not All Salt Is Created Equal
Salt vs. Sea Salt – What’s the Difference?

Real Salt means—well, real, authentic salt. A quick glance at the ingredients label on most salts might surprise you! Many salts contain anti-caking agents and even dextrose (sugar). Others have been heat processed and stripped of their natural trace minerals. Real Salt brand, on the other hand, is unrefined and full of natural minerals and flavor—the way salt was meant to be savored.

Take the Real Salt taste test...

Real Salt means real flavor. Take a taste test! First taste Real Salt, then try any other salt—the difference will amaze you!

Did you know that most salt could technically be considered sea salt? Some salt is harvested from current oceans, some from dead seas, and some is mined from ancient sea beds, but the sea is (or was) ultimately the source of all salt.

Salt vs. Sea Salt

Salt is essentially sea salt because it originated from the sea, either from modern oceans today, dead seas, or ancient sea beds.

Today, there are many different brands of salt and sea salt—most of which have been demineralized and chemically processed.

When looking for a quality sea salt, check the label and get one that is unrefined, contains natural trace minerals, and has no additives.

Top left: Salt produced from modern ocean using evaporation ponds.

Bottom left: Salt mined from ancient sea bed deposits.
Where Does Real Salt Come From?

Long ago in what is now Central Utah, Native Americans found a mineral-rich salt deposit from an ancient sea when they saw deer eating the soil. In 1959, Milo and Lamar Bosshardt were struggling to keep their family farm afloat when they discovered that this salt deposit extended beneath their land. They began selling the salt to local farmers for their animals and heard reports the farmers were using the salt to season their own food. People insisted this “real” salt be made available for everyday use, and the brand was born.

Today we still bring Real Salt to you in its natural state – without additives, chemicals, or heat processing of any kind. Real Salt’s unique pinkish appearance and flecks of color come from more than 60 naturally occurring trace minerals. The result is a delicate “sweet salt” flavor that you may not have experienced before.

The Mining Process

Real Salt is currently harvested about 300 feet below the surface of the earth. We carefully follow the food-grade veins and harvest the salt using carbide-tipped equipment that basically scrapes the salt off the walls of the mine. From there, the salt is screened and crushed to size before being shipped to our food-grade facility in Northern Utah. Real Salt is packaged after passing through a final automatic screening to be sure no metal residue or contaminants were introduced during the process.

Sea Salt in Utah?

According to geologists, the Real Salt deposit is the remnant of an ancient inland sea, probably part of what they call the Sundance Sea, which places the deposit within the Jurassic Period.

Over time, the salt that settled at the bottom of the sea was trapped within the earth and then pushed up near the surface close to the town of Redmond, Utah.
“Real Salt...is good for you...Real Salt is a very specific product. It is mined from an ancient dead sea and is not from a sea subjected to environmental toxins.” – Christina Avaness, Living Beyond Organic
Salt Sources: Evaporation Ponds from Current Oceans

“Regular sea salt is spoiled from the start because much of it is harvested from current oceans exposed to environmental pollution and because it is evaporated in a potentially polluted environment.” – Christina Avaness, Living Beyond Organic

Pollutants in the Sea

Many people have concerns about sea salt that comes from our current oceans due to the acid rain, mercury, lead, toxic waste, sewage, garbage, radiation, and oil spills.

Real Salt contains the same amount of trace minerals you would find in sea water today, but has been preserved underground, tucked away from modern pollution.
Is Salt Really Bad for Me?

Salt is essential for life

Salt is—and always has been—essential for optimal health. The human body is made up of 72% salt water and 28% mineral. We need salt and minerals to survive. It’s no wonder why, when admitted to any hospital, you are usually hooked up to an IV, which feeds saline solution (salt water) quickly into your body. So, the question is not, “Should I be eating salt?” but rather, “What kind of salt should I be eating?” Because of the additives and lack of trace minerals, most salts are not good for you.

A 2006 study published in The American Journal of Medicine, tells us that “sodium intake of less than 2300 mg (the daily recommended allowance) was associated with a 37% increase in cardiovascular disease mortality and a 28% increase of all-cause mortality.”

In other words, people who consume too little salt are more likely to die than other people.

The human body is made up of 72% salt water. Think about what is in an IV. Salt is essential for life.

“After many years of salt being bad-mouthed by...health professionals and their media...the importance of salt as a dietary supplement is once again being acknowledged and recognized.”

– Dr. Batmanghelidj, M.D.

Too Many to Choose from. What Kind Should I Use?

The salt shelf in stores is growing, which means, so is the confusion. If you don’t understand your choices, it can be very overwhelming. Consider your options: low salt, no-salt, sea salt, pink salt, kosher salt, iodized salt, french salt, dead salt...and the list goes on.

The best salt is an unrefined salt—one that has not been processed and still has all the trace minerals. Typically, a good healthy salt will have color to it. That is what makes Real Salt so recognizable—it’s flecked with colors, it’s unrefined, and it’s as real as it gets.
Salt Additives

Most sea salts are refined and have additives. By simply taking a minute to read your salt label, you can quickly determine whether or not your salt has been processed and refined. The list of different additives can be confusing. Our advice, of course, would be to stay away from refined salt. If your salt lists one of the following common ingredients it has been refined or processed:

- Sodium Bicarbonate
- Sodium Iodide
- Silicon Dioxide
- Yellow Prussiate of Soda (YPS)
- Sodium Ferro Cyanide (E535)
- Sodium Silicoaluminate
- Magnesium Carbonate
- Magnesium Oxide
- Calcium Silicate
- Potassium Iodide
- Tricalcium Phosphate
- Dextrose (sugar)
- Potassium Chloride
- Potassium Bitartrate
- Sodium Ferro Cyanide (E535)
- Sodium Silicoaluminate
- Magnesium Carbonate
- Potassium Glutamate
- Adipic Acid
- Fumaric Acid
- Polyethylene Glycol 400
- Disolium Inosinate
- Polysilicate
- Potassium Iodide

Most Sea Salts Have Additives. Is Your Salt Real?

Not too long ago, the words “sea salt” carried a healthy connotation. Unfortunately, nowadays, most sea salt is nothing more than white, refined table salt. All salt originated from the sea and many companies are capitalizing on the buzz words: sea salt. Be sure to check your ingredients label. Even many of the popular sea salts in major health food stores have been refined, which means you’re missing all the good trace minerals and you’re eating additives that aren’t especially good for your body. Make sure the salt company you’re using keeps it real.

Dextrose in Salt?

Many refined salts contain the additive, dextrose—a form of sugar, that is usually added to salt when potassium iodide is being used. Dextrose acts as a stabilizer for the iodide and color. Sea salts with potassium iodide and dextrose are not natural. Check the label to make sure your salt does not contain chemical additives.
Trace Minerals

Just like minimally-processed flour is healthier than enriched, bleached, white flour, Real Salt is healthier than white salts because of the things we don’t take out of it. Real Salt is approximately 98% sodium chloride and 2% trace minerals, and it’s these 60+ trace minerals that make Real Salt real. Some of these minerals don’t dissolve in water, but they are bio-available (your body can absorb and use them as nature designed) and are good for your health.

What About the Silica?

If you’re asking, you probably remember learning that silica most often appears in nature as sand. Like iron and magnesium, silica is one of those things our bodies use to stay healthy even though it seems a little strange to think of eating it. When people ask if there’s sand in Real Salt we sometimes answer, “Yes! Isn’t that wonderful?”

The health and science community recognized silica as an essential trace element in the early 1970’s, and studies since then have indicated it can perform two important tasks in our bodies: it can help calcium do its job and prevent osteoporosis, and it can prevent aluminum from contributing to Alzheimers. In other words, silica is just another of the beneficial trace minerals that Real Salt users love for their flavor and health benefits.

Refined Salt vs. Unrefined Salt

Comparing a natural, unrefined sea salt to a refined sea salt would be similar to comparing natural, unrefined wheat flour to enriched, bleached, white flour. You can actually see the difference!

The color of your salt is a pretty good indicator whether or not it has trace minerals. Color in salt is a good thing.

“An excellent source of organic sodium, Real Salt is key to alkalizing, detoxifying, and rejuvenating your whole body.”

– Christina Avaness, Living Beyond Organic
Blood Pressure & Water Retention

We rely on customer testimonials to explain the health benefits of Real Salt. The two most common themes are first, Real Salt doesn’t seem to bother blood pressure, and second, Real Salt doesn’t cause one to retain water. We encourage anyone that may have high blood pressure to consult his or her health practitioner or physician.

“Real Salt is the only salt I have used that doesn’t bother my blood pressure and also has a great taste.”
– E. Wilson - Kansas City, KS

“I have high blood pressure...however, Real Salt does not seem to affect my blood pressure at all.”
– J. A. White - Baltimore, MD

“Real Salt is the only salt my husband can have that doesn’t bother his blood pressure.”
– A. Bergman - Montrose, CO

“I don’t have any problem with my hands or feet swelling when I use Real Salt.”
– L. Courtney - Burney, CA

“THIS SALT DOES NOT CONTAIN IODIDE, A NECESSARY NUTRIENT”

The FDA requires all salt companies that do not add potassium iodide to their product to list the foregoing statement. Real Salt does contain naturally-occurring iodine, but not enough to satisfy the recommended daily allowance of 150 micrograms. So, instead of using chemically-processed, unhealthy salt in order to get iodine, we like to stick with Real Salt and get naturally occurring iodine from other delicious sources like kelp, yogurt, eggs, strawberries, and mozzarella cheese.

Why No Chemical Additives?

Many salt and sea salt manufacturers have added chemicals to their salts for various reasons, including to control stability, color, taste, and anti-caking. Some of these additives, although they may be in small quantities, may have side effects over a long period of time. If you would like to know the potential side effects of these additives, look up the MSDS sheet. What you find might surprise you.
Salt Substitutes & Low-Sodium Salts

From time to time, we get questions about using salt substitutes or low-sodium salts. To this topic, Dr. Batmanghelidj said, “Salt is the most essential ingredient of the body. In their order of importance, oxygen, water, salt, and potassium rank as the primary elements for survival of the human body.”

“\textit{It seems clear that a low-sodium diet is not only ineffective at controlling blood pressure, it is deleterious to the body. What conventional doctors and most mainstream organizations have failed to grasp is the difference between refined salt and unrefined salt. As mentioned previously, refined salt lacks minerals and causes acidosis (i.e. a lowered pH). Our bodies were meant to function optimally with adequate mineral levels and adequate salt intake. Only the use of unrefined salt can provide both of these factors.}”

– Dr. David Brownstein, \textit{Salt Your Way To Health}

Understanding the Labels

Even leading brands of sea salt have been processed and refined. At right, compare the ingredients panel of a well-known commercial salt brand with a leading sea salt brand sold in health food stores. They are very much the same. But, the commercial brand sells for about $0.99 while the sea salt sells for $1.99. There is little difference in the products and neither one compares to an unrefined natural sea salt.
Real Salt vs. Celtic & Himalayan

Celtic or Gray Sea Salt
Celtic/Gray Salts are a good salt harvested from the current ocean. They do a nice job with their salt, harvesting it by hand and leaving it unprocessed so it contains those important trace minerals. Compared to Real Salt, the biggest difference is that the current ocean is exposed to many environmental challenges (mercury, lead, plastic & petroleum toxins, chemicals, etc.) that ancient seas never experienced.

Himalayan or Pink Salt
Like Real Salt, the Himalayan brands are harvested from an ancient salt deposit that would have been created long before there were any modern toxins. Geologically, the Himalayan deposit is very similar to Real Salt; they both have the full spectrum of minerals and both can be considered crystal salts. Tasted side by side, Real Salt is a bit sweeter, while Himalayan tends toward an earthy flavor.

The big difference between Real Salt and Himalayan is to do with consequences of geography. Real Salt comes from the USA (Redmond, UT), and the Himalayan deposits are in and around Khewra, Pakistan. There are 17 different mines supplying the Himalayan brands, and some have more modern standards than others.

“Real Salt...is good for you...It is mined from an ancient dead sea and is not from a sea subjected to environmental toxins.”
– Christina Avaness, Living Beyond Organic

Differences in 3 Popular Unrefined Salts
Celtic Salt is produced from the current ocean, while Real Salt has been preserved underground hidden from modern pollutants.

Real Salt comes from the USA (Redmond, UT), whereas Himalayan Salt is shipped from one of several mines in Pakistan.

Real Salt is mined domestically, which is probably why it tends to be more affordable.
Are Your Facts Real?

Counting Minerals

Salt, regardless of whether it is harvested from modern or ancient oceans, came from the sea at some point. All sea water has the same complement of minerals in about the same ratio, so unless the minerals have been stripped away during processing (like your typical white table salt), all salts will contain roughly the same 60-65 trace minerals.

So, why do you see some companies advertising 60 trace minerals while others tout 84? Here’s how it works. All salt companies hire independent labs to tell us which minerals are in our product, and at what amount. We might contact them and ask them to test for 85 minerals, and the results look something like this:

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanadium</td>
<td>.000321%</td>
</tr>
<tr>
<td>Hafnium</td>
<td>.000285%</td>
</tr>
<tr>
<td>Chromium</td>
<td>.000172%</td>
</tr>
<tr>
<td>Dysprosium</td>
<td>.000145%</td>
</tr>
<tr>
<td>Gold</td>
<td>&lt;.00001%</td>
</tr>
<tr>
<td>Antimony</td>
<td>&lt;.00010%</td>
</tr>
<tr>
<td>Lithium</td>
<td>.000092%</td>
</tr>
<tr>
<td>Neodymium</td>
<td>.000089%</td>
</tr>
</tbody>
</table>

The excerpt above includes two trace elements, gold and antimony, that are reported with a “less than” (<) prefix. Some companies believe that means their sample contains those elements in tiny amounts, which seems like a sensible conclusion. But they’re wrong. When a lab reports <.00001% of gold it doesn’t mean they found a tiny amount of gold, it means the lab equipment can’t detect amounts of gold lower than .00001%. In plain English, a technician looking at the excerpt above would say, “our equipment didn’t detect gold or antimony.” Whenever you see the “less than” sign in lab results, it is the same as saying “not found in this sample.”
Is Real Salt Kosher?

When your recipe calls for kosher salt, chances are that it is calling for a salt with a larger grain size, rather than a salt that has been certified “kosher” as per Jewish dietary guidelines.

Kosher-sized salt is derived from its ability to make meats kosher. It is a larger crystal that is used to draw out moisture, including blood, through the surface of the meat. Kosher certified salt means that the salt has passed kosher guidelines outlined by Jewish law and that is has been handled in accordance to their regulations.

A kosher-sized salt is commonly used in meat rubs and on top of pretzels. Many also enjoy the salty burst of flavor kosher salt gives and use it as a finishing salt, sprinkling some on their garden-fresh tomatoes, baked potatoes, and green salads.

What Is Kosher?

There are two references to kosher salt. First, kosher salt refers to the size of salt. Kosher has a larger granule.

Second, kosher refers to the certification as per Jewish dietary guidelines.

Real Salt Kosher Sea Salt is perfect for your kosher recipes and meets Jewish kosher requirements under a leading certifier, Orthodox Union (OU).
About Redmond Trading Company

By most standards, Redmond is a very different organization. In today’s business world, many companies exist around the idea that profit is the sole reason for existence and that employees are a means to that end. By contrast, Redmond’s philosophy is that profit is the means, but that the end goal is human development and life enhancement. This is evident in Redmond’s business practices, its commitment to improving the community, and its promise to provide continual growth opportunities for its employees.

Why we do what we do...

At Redmond we’re passionate about wellness and believe nature has it right with products and people. Real products are rarely the idealized image of perfection that many have been led to believe. As with products, so with people. We believe people have a certain beauty born not of idealized image but of natural uniqueness. We embrace real and believe it to be the essence of life and the source of wellness of mind and body. This belief was the foundation upon which we’ve built the Redmond Trading family of brands including Real Salt® and Redmond Clay.
“The amazing taste, affordability, and natural balance of Real Salt is why it is a staple in my Total Transformation® programs and my own kitchen.”
– Kat James, The Truth About Beauty

“In side by side tests with Margarita Bloks made from other sea salts, those made with Real Salt literally won unanimous approval from our internal taste panel.”
– Chris Randall, Brand Manager of CLIF SHOT

“I still make Real Salt a part of every demo and speech I give. Real Salt seems almost sweet, making other salts ‘burn’ by comparison, even sea salts. I feel it’s because Real Salt mimics the mineral salt balance of the body. It’s probably, no definitely, the single most important ingredient I use in my cooking. And yes, I still carry it in my pocket everywhere I go.”
– Chef Jimmy Sneed

“There are other sources of unrefined salt besides Celtic Sea Salt. Redmond’s Real Salt is mined from salt deposits near Redmond, Utah. Redmond’s salt does not undergo a refining process and therefore contains a wide array of minerals.”
– Dr. David Brownstein, M.D., Salt Your Way to Health

“An excellent source of organic sodium, Real Salt is key to alkalizing, detoxifying, and rejuvenating your whole body.”
– Christina Avaness, Living Beyond Organic