

Solo low sodium sea salt : 60% less sodium, 100% flavour... / The Low Sodium Sea Salt Co.

Contributors

Low Sodium Sea Salt Company.

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TAKING RISKS - WITH A PINCH OF SALT

HOW MUCH SALT DOES YOUR BODY NEED?

Salt, or more specifically sodium, is essential for good health but whereas the body needs only 2-2.5g of sodium per day (equivalent to 5-6g of normal salt), generally speaking we consume 2-3 times that amount. 20% of our sodium intake comes from foods with a natural sodium content, 40% comes from processed foods and the remaining 40% comes from cooking or seasoning food at the table.

OVER CONSUMPTION OF SODIUM MAY INCREASE THE RISK OF HEART PROBLEMS

20% of the population will, at some time, suffer from high blood pressure - hypertension - which is usually symptomless and which can lead to strokes and heart attacks. Excessive consumption of sodium might be a contributory factor to this.

REDUCE YOUR SODIUM INTAKE WITH SOLO - THE REAL LOW SODIUM, MINERAL SEA SALT

Doctors, nutrition and diet experts recommend cutting down on salt - due to its high sodium content, and eating more foods which are high in magnesium and potassium.

SOLO Sea Salt contains 60% less sodium and yet also contains potassium and magnesium - naturally occurring in sea water and is recommended by The British Cardiac Patients' Association as part of a sodium reduced diet.

Ingredients:

low sodium mineral sea salt,
anti caking agent
(silicon dioxide).

Each grain of salt contains:

Sodium Chloride 41%,
*Potassium Chloride 41%, Magnesium
Salts 17%, Trace Minerals 1%

NUTRITION INFORMATION:

This product contains no energy,
carbohydrate, fat or fibre.

Average values per 100g: Sodium 16g,
Potassium 21.7g, Magnesium 2g,
Trace Minerals 1g.

SOLO Sea Salt contains 16g sodium per 100g
compared with 39.3g of sodium per 100g
of standard table and cooking salt.

available from:

**THE LOW SODIUM
SEA SALT COMPANY
STAND FP4
at Special Show Prices**



60% Less
Sodium
in Every
Grain

Packed in UK for The Low Sodium Sea Salt Co.
101-102 Palace Road, Bromley, Kent BR1 3JZ
For details of stockists and of further processed foods
incorporating SOLO Sea Salt, visit our web site:
www.soloseasalt.com

SOLO
LOW SODIUM
Sea Salt

**60% Less Sodium
100% Flavour**

- ♥ Produced in Iceland from the purest sea water
- ♥ For cooking, baking and table use by all health conscious consumers



60% Less
Sodium
in Every
Grain

NATURAL
PRODUCT FROM
THE SEA



SOLO - the sensible salt for healthier eating *60% less sodium in every grain*

This low sodium, mineral sea salt is produced from the purest sea water using natural geo-thermal energy in its evaporation process and may help reduce blood pressure as part of a reduced salt diet - as reported in the British Medical Journal.

Being the only low sodium sea salt available, **SOLO Sea Salt** offers you a 60% sodium reduction and vital minerals in every grain and has a full, natural salt flavour. So now you can cut down on the sodium in cooking and baking as well - and get perfect results every time!

SOLO Sea Salt - healthier seasoning with integrity...

THE ADVANTAGES OF

SOLO Sea Salt

- ♥ 60% less sodium in every grain
- ♥ Each grain of salt also contains: potassium, magnesium and micro minerals naturally occurring in sea water
- ♥ Full salt flavour
- ♥ No bitter aftertaste
- ♥ A natural mineral sea salt not a blend of minerals
- ♥ Dissolves 4 times faster than table salt - ideal for cooking and baking
- ♥ Reusable shaker for table use
- ♥ Ecologically friendly production process



60% Less
Sodium
in Every
Grain