

HIMALAYAN PINK SALT | HALITE SAINDHAVA LAVANA | ROCK SALT

Pink Himalayan salt, a distinctive pink-hued salt, is derived from the Khewra Salt Mine, an expansive salt deposit located in close proximity to the Himalayan mountain range in Pakistan (4).

Revered as one of the world's oldest and largest salt mines, the Khewra Salt Mine bore witness to the gradual formation of pink Himalayan salt over millions of years. Ancient bodies of water evaporated and formed mineral-rich Himalayan pink salt. Unlike its refined counterpart, pink Himalayan salt is hand-extracted and undergoes minimal processing, resulting in an unadulterated-pure product. Free from any additives, it's considered a more wholesome alternative to ordinary table salt (4).

While sodium chloride constitutes a substantial portion of both table salt and pink Himalayan salt, the latter's natural harvesting process fosters a multitude of additional minerals and trace elements absent in regular table salt. It is believed that pink Himalayan salt may harbor as many as 84 distinct minerals and trace elements, with its unique pink hue primarily attributed to the presence of iron.

Beyond the familiar minerals such as potassium and calcium, pink Himalayan salt showcases an assortment of lesser-known elements, including strontium and molybdenum. In a comprehensive examination of various salt varieties, including pink Himalayan salt and conventional table salt, a notable study scrutinized their mineral compositions (3). Below is a comparison of a few mineral concentrations found in a gram of the two salts:

Pink Himalayan Salt Table Salt

Calcium (mg)	1.6	0.4
Potassium (mg)	2.8	0.9
Magnesium (mg)	1.06	0.0139
Iron (mg)	0.0369	0.0101
Sodium (mg)	368	381

As you can see, table salt may have more sodium, but pink Himalayan salt contains more calcium, potassium, magnesium and iron (3).

Dosage Rationale

For the purpose of remineralizing a gallon of water, adding anywhere from 1/4 teaspoon to 2 tablespoons of pink Himalayan salt has been recommended (1,2). 1/4 teaspoon of Himalayan pink salt contains 420 milligrams (mg) there are eight 16-ounce glasses of water in a gallon. $420/8 = 52.5$ mg. 2 tablespoons would include 2,460 mg for one gallon or 307.5 mg for a 16-ounce glass. We opted toward the lower end of this range, providing 100 mg of Himalayan pink salt in our Super U formula to provide electrolytes and partial mineralization while it's recommended it be taken with 16 to 24 ounces of water.

REFERENCES

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