

# Nutrition Facts

Serving Size 1/4 Teaspoon (1.5 g)

Servings Per Container about 67

Amount Per Serving	% Daily Value*
<b>Calories</b> 0	0%
<b>Total Fat</b> 0 g	0%
<b>Sodium</b> 570 mg	25%
<b>Total Carbohydrate</b> 0 g	0%
<b>Protein</b> 0 g	
<b>Chloride</b>	25%

Not a significant source of saturated fat, cholesterol, trans fat, dietary fiber, sugars, vitamin A, vitamin C, calcium or iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than	65 grams	80 grams	
Saturated Fat	Less than	20 grams	25 grams	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 grams	375 grams	
Dietary Fiber		25 grams	30 grams	

**Ingredients:** 100% natural Himalayan crystal salt.

**DO NOT USE IF SEAL IS BROKEN. STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN**

**DR. MERCOLA®**  
HEALTHY CHEF



**HIMALAYAN SALT**  
original crystal cooking salt

Net Wt 3.52 oz (100 g)

Himalayan Crystal Salt is absolutely pristine and natural, containing natural elements ideal for your body. Often considered a healthier alternative to common table salt, many people also prefer its exceptional taste. This unique salt is born from an ancient primal ocean that once stood where these unique crystals are now harvested.

## Common Table Salt

All minerals are stripped

Treated with conditioning agents

97% Solution Chloride

Treated with bleach

Heated to 1,200° F

## Himalayan Salt

Contains 84 minerals

No harsh chemicals

Whole Food

Naturally pink

Clean, unheated crystals

**DISTRIBUTED BY:** NHP

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Product of Pakistan



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