Making Sense of the Salt Debate

Sodium Functions

- Nutrient transport facilitated by positively charged sodium ions

- Maintains acid-base balance

- Supports health glial (myelin) cells in brain

- Supports healthy blood pressure

- Supports proper muscle function
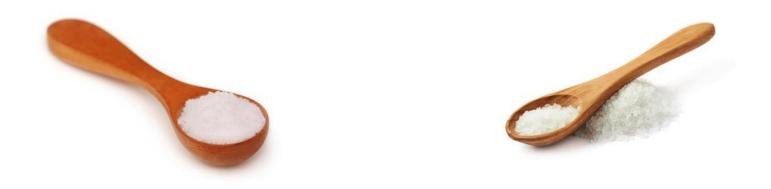
- Supports healthy adrenal glands

Salt vs. Salt

Not all salt is created equal.

Processed Table Salt
- Sodium chloride and flow agents

Sea Salt
- Sodium chloride and trace minerals

Your sodium-to-potassium ratio is more important than your overall salt intake.

Ratios Rule

Sodium: Potassium Ratio = 1-to-2

- Ratios of athletes vary with activity.

- One popular athletic drink has an approximate ratio of 6-to-1.

	Sodium	Potassium	Ratio
Most Americans	3,500+ mg	2,600 mg	1-to-0.07
Recommended	1,500-2,300 mg	4,700 mg	1-to-2

- Teaspoon salt = 2,400 milligrams (mg) sodium
- Package of ramen noodles = 1,660 mg sodium
- 16-ounce Campbell's® chicken noodle soup = 1,580 mg sodium
- Hot dog = 500-plus mg sodium (depends on the brand)

Processed foods are typically high in sodium with little to no potassium.
This is a problem!

Food Sources of Potassium

Vegetable skins, fruit (especially skins), nuts, fish, and meat are sources of potassium, as measured below in milligrams.

Protein foods (4 ounces)
- Almonds   915
- Halibut   525
- Cashews   420
- Salmon   470
- Hamburger   400

Fruits
- Raisins (4 ounces)   800
- Avocado (half)   600
- Banana   370
- Cantaloupe (quarter)   250
- Pineapple (1 cup)   245

Vegetables (4 ounces)
- Potato (7 ounces)   900
- Carrots (5 ounces)   340
- Spinach (1 cup)   250
- Beets (½ cup)   150

Standard Process®

Standard Process products were developed with a systems approach to the body and digestion, recognizing the complexity of the chemical reactions and the necessity of essential nutrients and enzymes.

Contain Potassium

- Calcifood® Powder 40 mg potassium
- Cruciferous Complete™ 10 mg potassium*

Mineral Support

- Organically Bound Minerals (iodine, alfalfa, kelp)
- Trace Minerals B$_{12}$™ (vitamin B$_{12}$, iron, iodine, zinc, copper, manganese)*