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What is Pink Salt:

Iranian pink rock salt is a type of salt that's naturally pink in color.

The pink salt harvested from this Iranian mine is believed to have been formed millions of years ago from the evaporation of ancient bodies of water.

The salt is hand-extracted and minimally processed to yield an unrefined product that's free of additives and thought to be much more natural than table salt

First of all the salt often has a pinkish tint due to mineral impurities.

Pink salt primarily used as a food additive, for cooking and food presentation, decorative lamps and spa treatments. The salt marketed with claims that it benefits health, but no clinical evidence exists for such claims.

Pink salt has several dietary and non-dietary uses. Both table salt and Persian pink salt consist mostly of sodium chloride, but pink salt has up to 84 other minerals and trace elements.

Table salt may have more sodium, but pink salt contains more calcium, potassium, magnesium and iron.





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Some of Persian Pink salt's commonly promoted health claims include that it can:

Improve respiratory diseases

Balance your body's PH

Reduce signs of aging

Improve sleep quality

Regulate blood sugar

Increase libido





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15 Health Benefits of Persian Pink Salt:

1. Pink Salt Promotes Proper Body Water Regulation
2. Pink Salt Maintains Healthy PH Balance
3. The Nutrients Present In Pink Salt Improve Respiratory Functions
4. Pink Salt Has Powerful Air Purification Benefits
5. The Chemical Elements of Pink Salt Stimulate Better Sex
6. Pink Salt Contains Sodium That Helps Induce Sleep
7. Pink Salt Minerals Lower High Blood Pressure
8. Pink Salt Helps Heal Digestive Problems
9. The Minerals of Pink Salt Maintain Normal Blood Sugar
10. Pink Salt Offers Immediate Muscle Cramp Relief
11. The Ionic Structures of Pink Salt Help In Getting Rid Of Toxins
12. Iodine Present In Pink Salt Helps Prevent Goiter
13. Pink Salt Contains Good Amounts of Iron That Prevent Anemia
14. Pink Salt Inhalers Treat Mucus Accumulation
15. Increased Intake of Pink Salt Can Prevent Seasonal Depression

