effects in the body. Dextrose, also known as refined sugar, is used as a stabilizer so that iodide will stay in the salt.

The final purity of food-grade salt is between 99.7-99.95% "pure". Pure refers to the sodium and chloride content. The other "impurities", including healthy minerals and elements, have been removed from refined salt. Table 1 shows the contents of refined iodized salt.

Table 1: Contents of Refined Iodized Salt

Sodium	**≈39%**
Chloride	**≈60%**
Ferrocyanide, Aluminum Silicate, Ammonium Citrate, Dextrose	**Up to 2%**
Iodide	**.01%**

Why is Salt Refined?

You may be asking yourself the above question. Salt is refined for four main reasons.

1. Refined salt, having all of its minerals removed (i.e., "purified") is essentially a lifeless product. Being a lifeless product assures a long shelf life. In fact, refined salt can sit on the

Table 2: Major Contents of Unrefined Celtic Sea Salt®

Element	%	Element	%
Chloride	50.9000	Zinc	0.00275
Sodium	33.0000	Copper	0.00195
Sulfur	0.82000	Erbium	0.00195
Magnesium	0.44100	Tin	0.00192
Potassium	0.22700	Manganese	0.00180
Calcium	0.12800	Cerium	0.00172
Silicon	0.05200	Fluoride	0.00109
Carbon	0.04900	Rubidium	0.00084
Iron	0.01200	Gallium	0.00083
Aluminum	0.00950	Boron	0.00082
Praseodymium	0.00290	Titanium	0.00079
Strontium	0.00275	Bromine	0.00071

How Is Unrefined Salt Harvested?

Unrefined salt has not been put through various machines to remove the minerals and other elements that are naturally part of the salt. In addition, unrefined salt has not been exposed to harsh

Table 3: Unrefined Redmond's Salt

Element	%	Element	%
Chloride	59.1	Iodine	0.0009
Sodium	37.6	Manganese	0.0008
Calcium	0.418	Cesium	0.0007
Potassium	0.198	Erbium	0.00006
Rubidium	0.120	Phosphorus	0.00049
Sulfur	0.160	Titanium	0.00048
Magnesium	0.0937	Antimony	0.00042
Iron	0.0472	Cerium	0.00040
Silicon	0.0138	Zirconium	0.000389
Aluminum	0.0068	Barium	0.000291
Carbon	0.0060	Boron	0.000205
Silver	0.0030	Gadolinium	0.000199
Copper	0.0028	Samarium	0.000198
Bromine	0.0022	Strontium	0.000193
Fluoride	0.0013	Thallium	0.000133

Why You Should Use Unrefined Salt: The pH Factor

As previously mentioned, unrefined salt has many healthy minerals associated with it. On the other hand, refined salt