



Ideal Salt

What you need to know

In the Ideal Protein Weight Loss Method, two kinds of salts are used: Redmond's Real Salt and Ideal Salt.

The Redmond Real Salt is mined from ancient salt deposits near the town of Redmond, Utah. It contains several trace minerals that give it its characteristic gray color.

Ideal Salt is made from a combination of sodium chloride and potassium chloride. Ideal Salt is made from solar-evaporated seawater, a process giving it a purity of greater than 99.7%. By using this method, the bitter minerals remain in the parent solution of the seawater, whereas the pure sodium chloride crystals precipitate out of the solution when the sun evaporates the water.

Sodium chloride found in our Ideal Salt is a white crystalline substance. Its white color may lead many to believe it has been bleached but no chemicals are ever used. The only bleaching that could occur would be due to sun exposure when the seawater evaporates.

Afterwards, the pure sea salt collected is mixed with potassium chloride. This generates a standardized product containing 250 mg of sodium chloride and 330 mg of potassium chloride per 1/4 teaspoon. Then, a necessary nutrient, potassium iodide, is added to the solution. This compound is added, per Food and Drug Administration specifications, in order to supply iodine to the salt.

In our Ideal Salt, we can also find small quantities of dextrose (sugar). Understand that there is less than 1/10th of a teaspoon of sugar in an entire container of Ideal Salt. The sugar is micronized (pulverized into a very fine powder) and then sprayed into the salt mixture to protect the potassium iodide. Without the sugar, the potassium iodide would break down into elemental iodine and would be lost by volatilization. This extremely small amount of sugar does not affect our weight loss method Phases.

As mentioned in our Phase documents, all dieters must consume 1/4 teaspoon of Ideal Salt daily (unless they are on a potassium-restricted diet recommended by their physician). If a dieter prefers the taste of the Redmond Real Salt, they may use that to flavor their foods. Nonetheless, it is still very important that they consume their daily-required serving of Ideal Salt (1/4 teaspoon).

All Ideal Protein centres/clinics should purchase both salts in order for the dieters on a potassium-restricted diet to be able to meet their daily sodium requirement without the added potassium.