

BALANCED FOR LIFE BALANCED FOR FLAVOUR



Discovered by **Sir Humphry Davy** in 1807, sodium (**Na**) and potassium (**K**) sit next to each other in the Periodic Table.

Chemically speaking, a salt is defined as the product formed from the neutralisation reaction of acids and bases or a neutral compound composed of ions.

Outside the laboratory, in more everyday language, salt is defined as sodium chloride – a compound made up of sodium and chloride ions.

Potassium chloride is another kind of salt. Also known as muriate of potash, this lattice compound is made up of potassium and chloride ions.

All interesting stuff... but here's the important bit from a health perspective.

While most table, sea and rock salts are made up almost entirely of sodium chloride, **LoSalt** is a blend of at least 66.6% potassium chloride and up to 33.3% sodium chloride. So gram for gram, **LoSalt** contains **66% less sodium** than regular table sea and rock salts.

Why is that important?
If you haven't visited it yet, check out our **Health** section.



WebElements™ periodic table

Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Period																			
1	1 H																	2 He	
2	3 Li	4 Be											5 B	6 C	7 N	8 O	9 F	10 Ne	
3	11 Na	12 Mg											13 Al	14 Si	15 P	16 S	17 Cl	18 Ar	
4	19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr	
5	37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe	
6	55 Cs	56 Ba	*	71 Lu	72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 Tl	82 Pb	83 Bi	84 Po	85 At	86 Rn
7	87 Fr	88 Ra	**	103 Lr	104 Rf	105 Db	106 Sg	107 Bh	108 Hs	109 Mt	110 Ds	111 Rg	112 Uub	113 Uut	114 Uuq	115 Uup	116 Uuh	117 Uus	118 Uuo
*Lanthanoids	*	57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb				
**Actinoids	**	89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No				