Pure Ocean Premium Sea Salt - Iodide
Nutritional Statement

Nutrients	Per 100g
Basic Components	
Calories (kcal)	0
Protein (g)	0
Carbohydrates (g)	0
Dietary Fiber (2016) (g)	0
Total Sugars (g)	0
Added Sugar (g)	0
Fat (g)	0
Saturated Fat (g)	0
Trans Fatty Acid (g)	0
Water (g)	0.1
Ash (g)	99.9
Iodine (mcg)	4500
Vitamins	
Vitamin A IU	0
Vitamin C (mg)	0
Vitamin D (mcg)	0
Minerals	
Calcium (mg)	20
Iron (mg)	0
Potassium (mg)	50
Sodium (mg)	39000

Typical Serving Size = 1/4 tsp.
1/4 tsp. = approximately 1.5 grams

Britta Pyle
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QA Manager

1/6/2026
Date