



## PACIFIC HARVEST KELP SALT

*There are many **health benefits of sea salt**, which include a healthier mind-set, improved muscle functions and digestion. However, sea salt can easily be taken in excess amounts, which can have adverse health effects. Therefore sea salt should always be consumed consciously, and in moderation in order to enjoy the health benefits.*

*There are also many **health benefits to seaweeds**. Seaweeds convert the rich minerals dissolved in the ocean into an edible form; many of these minerals & trace elements are no longer in our soils. Kelp, especially, is the best source of iodine in nature, therefore an excellent contributor to glandular health.*

### *Why SEA SALT from NZ ?*

- ❑ Harvested naturally from the clear waters of lake Grassmere in NZ South Island
- ❑ Evaporated from the natural effect of the sun & northwesterly wind
- ❑ Its creamy colour reflects its natural mineral content
- ❑ Unlike refined table salt, **unrefined** salt contains over 80 essential minerals
- ❑ Free of all chemicals, preservatives, whitening & pouring agents

### *Why KELP from NZ ?*

- ❑ Very concentrated source of essential minerals & trace elements in bio-available form
- ❑ Its mineral balance is almost identical to that of the human body
- ❑ Best natural source of iodine
- ❑ Kelp is an extremely beneficial natural source of vitamins (many B vitamins, including B12)
- ❑ Contains omega fatty acids (3/6)
- ❑ Contains many amino-acids
- ❑ Its fibre fixes radiation & environmental toxins to evacuate them from the body
- ❑ Also a source of vegetarian proteins

### *Why KELP SALT ?*

- ❑ *Kelp Salt combines the many health benefits of natural sea salt and kelp seaweed*
- ❑ *Kelp Salt is a natural sea salt using iodine naturally occurring in kelp to produce a 'naturally iodised natural sea salt'*
- ❑ *Its strong mineral taste is satisfying, therefore requiring a smaller amount to get the salty taste*

### *Why buy New Zealand ?*

- ❑ *The composition of local food is naturally suited to the species living here*
- ❑ *When you buy a New Zealand produced product or service, you're helping to create jobs, promote growth, we can be proud of the quality of our products.* (<http://www.buynz.org.nz/>)