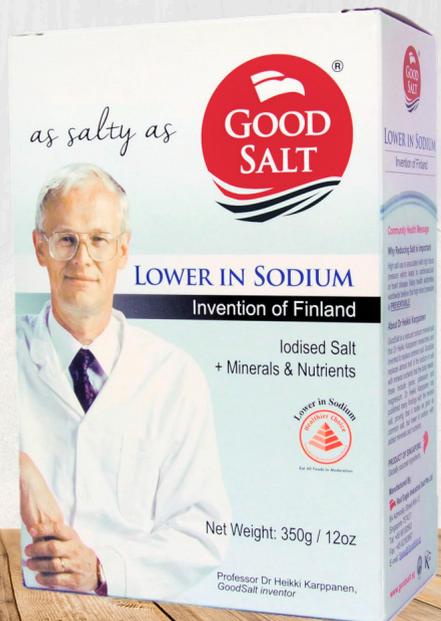




# GoodSalt

## The Better Salt



# Why is too much sodium (salt) bad for you?

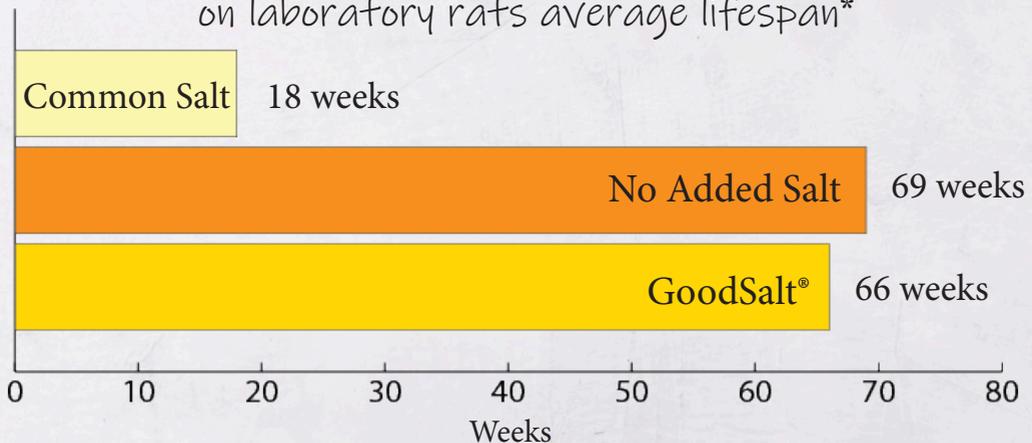
Due to the nature of our diets today, we consume way too much sodium than our bodies can handle.

High sodium hurts the cardiovascular system:

- Causes high blood pressure as a result of increased blood volume - 1.3 billion people suffers from high blood pressure globally
- Can damage internal organs - high sodium intake damages the kidneys and causes kidney stones
- Increases the risk of stroke, heart disease, stomach cancer and osteoporosis



Comparison of Common Salt, No Added Salt and GoodSalt®  
on laboratory rats average lifespan\*



\*from laboratory tests with SHRSP rats under controlled conditions



# Why is GoodSalt® good for you?

GoodSalt® is the new regular and wholesome salt of choice around the world!

While common salt is 99% sodium chloride, GoodSalt® has only half that amount (57%). What's more, GoodSalt® provides 4 more minerals useful for everyday health (Potassium, Magnesium, Lysine, Iodine) and tastes just as salty!

Easily reduce sodium intake by 30% to 40%

- just by switching to GoodSalt® completely without the need to make other dietary changes!

Cook tastier meals

- GoodSalt® naturally enhances flavour and makes your cooking taste better!

Improve your health with added minerals

- GoodSalt® unique combination of minerals helps to protect your heart, kidneys and bones  
- Backed by more than 20 years of research



# 为什么摄入过多盐（钠）对您有害？

世界卫生组织（WHO）最新发布的报告，建议盐的摄入量为每天低于5克。大多数人的实际摄入量已经超过了WHO的建议，但却很少有人意识到这一点。

大量的研究已经证明，过量的盐（钠）摄入易引起高血压，而高血压是诱发心脏病、中风、肾脏病和糖尿病的最大危险因素。因此，控制并减少每天食盐的摄入对每个人的健康至关重要。



## 使用普通食盐、GoodSalt®和无盐实验鼠平均寿命\*的比较



\*来自受控环境下SHRSP大鼠的实验室测试



## 为什么GoodSalt®对您有益？

GoodSalt®是由芬兰医学博士Karppanen研发，具有全球广泛的临床实验和研究，对高血压的帮助也已被证实。Karppanen博士拥有多项医学专利，并获得芬兰心脏病协会和药理协会的多个奖项，研究成果曾被发表在许多医学和科学期刊上。

GoodSalt®含钠量（57%）是普通食盐的一半，并添加身体所需的钾、镁、赖氨酸等重要矿物质。

- 能轻松减少30%到40%的钠摄入量
  - 只需转换为GoodSalt®而无需进行其它饮食改变！
- 烹饪美食
  - GoodSalt®自然使您的佳肴更加美味
- 所添加的矿物质能增强您的健康
  - GoodSalt®独特的矿物质组合有助于保护您的心脏，肾脏和骨骼
  - 拥有超过20年的研究

少吃盐、吃好盐，选用GoodSalt®，让您家庭在日常饮食中不知不觉得到健康！



In support of:



Add more minerals to your food with GoodSalt®!



Reduce strain on kidneys with

HALF the  
**SODIUM**

低钠 – 减轻肾脏的负担



Important to the heart, digestive  
and muscle functions

**POTASSIUM**

钾 – 增强心肌及消化



Regulate your blood pressure  
with

**MAGNESIUM**

镁 – 帮助调节心率



Support brain cell development  
with

**IODINE & LYSINE**

赖氨酸及碘 – 有助脑细胞发育



GoodSalt® is available at:

 **FairPrice**

 **Cold Storage**  
*The fresh food people*

 **SHENGSIONG** ✓  
*...all for you!*

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IMI Lifestyle Products Pte Ltd

Tel: +65-6276 6180