

Red Yeast Sea Salt



9 out of 10 Americans consume too much sodium!

- The average American eats more than 3,400 milligrams (mg) of sodium a day.
- The American Heart Association recommends no more than 2,300 mg a day and an ideal limit of less than 1,500 mg per day for most adults, especially for those with high blood pressure.
- Even cutting back by 1,000 mg a day can improve blood pressure and heart health.



American Heart Association.

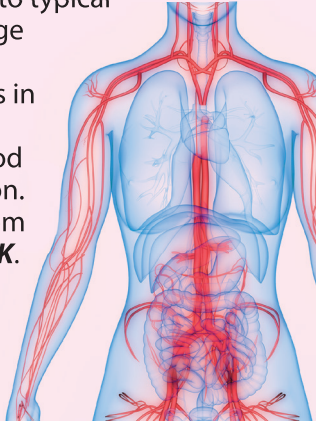
In a recent study led by *Harvard T.H. Chan School of Public Health* and funded by the *American Heart Association* and the *National Institutes of Health*, the researchers found that **higher sodium levels, lower potassium levels and higher sodium-to-potassium ratio were all associated with higher risk of cardiovascular disease.**

Too much sodium in the bloodstream pulls water into the vessels, increasing the volume of blood flowing through them. That can lead to high blood pressure and an increased risk of heart attack and stroke. Potassium helps lower blood pressure by lessening the effects of sodium.

Source: <https://www.heart.org>



Natural Red Yeast Sea Salt is made from pure, natural sea salt mixed with premium **red yeast** to yield **25% less sodium** chloride compared to typical table salt, and a higher percentage of bio-available **potassium**. Red yeast has been used for centuries in China to help maintain healthy **blood cholesterol**, improve blood circulation, and improve digestion. Its many health benefits stem from its active compound **monacolin K**. This powerful combo of **cardiovascular-supporting** red yeast and sea salt makes for a culinary dream team!



Great as a **finishing salt!**



Exceptional in **marinades!**

Ingredients: Natural sea salt (sodium chloride, potassium chloride), premium red rice yeast

Want more Red Yeast Sea Salt?

Use this promo code for a 20% off discount with your first time purchase!

RedYeast20



www.dragonherbs.com