

Mineral Salt Dive, May 2025

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Much of the holistic community is in a tizzy recently about mineral salt, pink salt, Celtic salt, Himalayan salt, etc. due to the recent reports of high levels of heavy metals from some reputable brands. This is a compilation of my findings from various holistic-minded people who have shared their own independent and third-party testing of widely used salts as well as some information from the salt companies themselves.

If I did not provide any information about the mineral content of a particular salt brand, it is because I couldn't find it anywhere on the public internet.

Because various units of measurements are used in mineral analysis charts from different salt companies, I converted all of the information I found to ppb (parts per billion). The action level and the legal limit of heavy metals, according to the FDA, varies from food to food. It also seems to vary depending on whether we are talking about food safety for infants, children, or adults. The bottom line amongst the wellness community seems to be that mining the Earth for salt is not a safe sustainable way to get it, therefore it is best practice to consume salt from the ocean. Whatever your personal stance is on consuming even small amounts of heavy metals, here are all of my findings.

Redmond Real Salt has a Mineral Analysis page on their website that lists a “Real Salt Analysis.” Their official Elemental Analysis Chart does explain that it provides “a summary of multiple elemental analyses conducted by 3rd party laboratories over years of testing.” They explain this charted information is not providing a guaranteed analysis of their salt. This document also **doesn't include a date**, so as a viewer I'm unsure how current their testing information is.

The average total of the following naturally occurring heavy metals in salts found in **Redmond Real Salt** as per their official Elemental Analysis is **available on their website**, however there are **no units of measurement used**, so I'm unable to determine the actual amount of heavy metal and/or mineral content of their salt.

According to *North Country Organics*, a 3rd party testing company, the numbers look like this:

Arsenic — 500ppb

Cadmium — 270ppb

Lead — 60ppb

Mercury — N/A, unlisted

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Tamara Rubin of Lead Safe Mama, LLC had **Redmond Real Salt** independently tested in June of 2024. These are the mineral content results she received:

Arsenic — 91ppb

Cadmium — nd
Lead — 290ppb
Mercury — nd

She also independently tested her personally recommended salt brand, **Jacobsen Salt Co.** in July of 2024. These are the mineral content results she received:

Arsenic — nd (<6ppb)
Cadmium — nd (<3ppb)
Lead — nd (<1.5ppb)
Mercury — nd (<1.5ppb)

She also independently tested **Saltverk** in August of 2024. These are the mineral content results she received:

Arsenic — 21ppb
Cadmium — nd (<3ppb)
Lead — nd (<1.5ppb)
Mercury — nd (<1.5ppb)

Irena Webb from *I Read Labels For You* had the **Saltverk** brand tested in February of 2025. These were the results of the heavy metal test report she received from the company:

Arsenic — < 60 ppb
Cadmium — < 4 ppb
Lead — 30.1 ppb
Mercury — < 7 ppb

Vera Salt has their product undergo [up-to-date third party testing](#) in 2025 for both microplastics and heavy metals. These are the results [posted on their official website](#):

Arsenic — < 20 ppb
Cadmium — < 20 ppb
Lead — < 20 ppb
Mercury — < 20 ppb

They also advertise that their flake salt contains:

Potassium (K): 294,000 ppb
Magnesium (Mg): 382,000 ppb
Calcium (Ca): 1,034,000 ppb

Tamara Rubin of *Lead Safe Mama, LLC* had **Baja Gold** independently tested in September of 2024. These are the mineral content results she received:

Arsenic — 11 ppb
Cadmium — nd (<10 ppb)
Lead — 114 ppb

Mercury — nd (<10ppb)

Baja Gold has a list of [up-to-date Mineral Analysis testing available on their website](#). These are their test results from April of 2025:

Arsenic — nd
Cadmium — nd
Lead — nd
Mercury — nd

They also share their [full up-to-date mineral content profile on their website](#). These are their test results from March of 2025.

Potassium (K): 169,000 x1,000 ppb
Magnesium (Mg): 23,700 x1,000 ppb
Calcium (Ca): 1,250,000 ppb
Iron: 5,810 ppb
Zinc: 1,620 ppb
Manganese: 3,380 ppb

Selina Naturally Celtic Sea Salt is another widely recognized sea salt brand that *Tamara Rubin* of *Lead Safe Mama, LLC* has independently tested. These are here findings:

Arsenic — <6ppb
Cadmium — <3ppb
Lead — 626ppb
Mercury — <1.5ppb

Selina Naturally Celtic Sea Salt has a mineral analysis chart [available on their website](#), however this document **doesn't include a date**, so as a viewer I'm unsure how current their testing information is.

Sources:

<https://healthfree.com/files/Celtic-Sea-Salt-analysis.pdf>

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