



Generally Recognized as Safe (GRAS)

Sodium Chloride Crystal, FCC Grade

Sodium chloride also known as table salt a major ingredient in edible salt has been commonly used in cooking and as a condiments and food preservative. Sodium chloride is categorized under GRAS (Generally Recognized as Safe) by the FDA and the average daily levels of sodium intake for adults range from 2 to 5 grams. WHO and FAO have recommended the consumption of less than 5 grams sodium chloride (or 2 grams sodium) per day as a population nutrient intake goal, while ensuring that the salt is iodized.

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