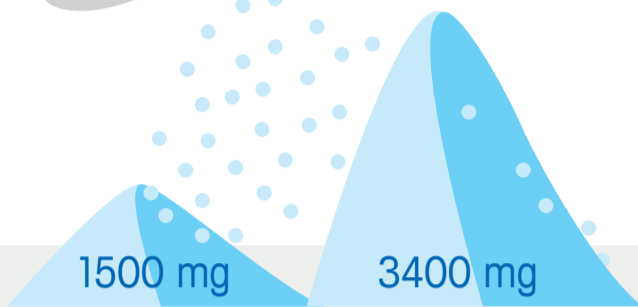
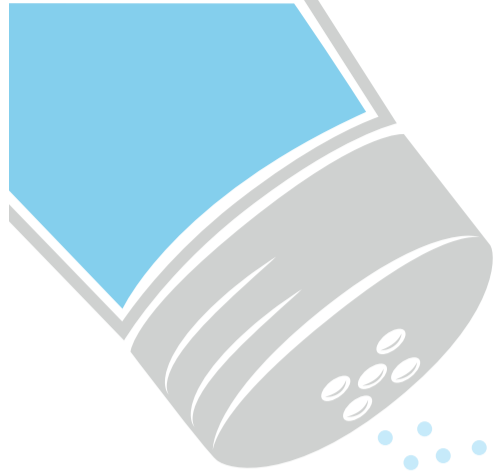
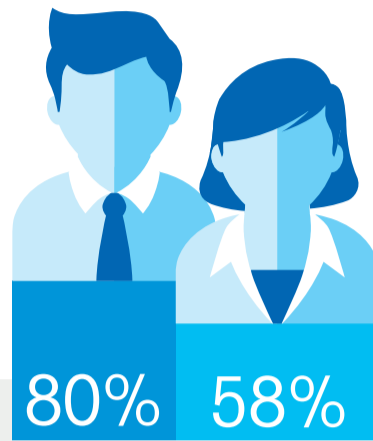


# Health Risks of Sodium Intake

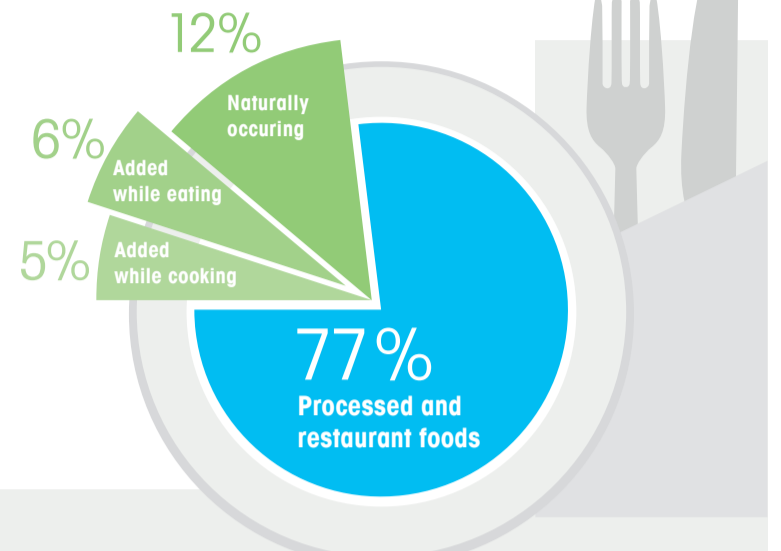
**#1 Health risk factor in EU**  
 Too much sodium increases your risks for high blood pressure, and high blood pressure is the leading cause of heart attack and stroke.



On average American adults eat more than 3400 mg of sodium daily - more than double the American Heart Association's recommended limit of 1500mg.



Exceed the recommended daily upper intake of sodium.



Results from an American Heart Association survey of 1,000 U.S. adults in November 2013.\*

\*Mattes and Donnelly, J Am Coll Nutr. 1991; 10:383-393

## Increasing demand for sodium content determination and declaration for Food & Beverage industry

### European Commission Health and Consumer Directorate-General

- Nutritional elements with importance to public health, such as saturated fat, sugars or sodium, are mandatory nutrition information.
- Regulations aim for respect that final consumer easily understands the information provided on the labeling.

EU-Regulation 1169/2011

### Code of Federal Regulations

- Labeling regulations require sodium content claims on food and beverage products.

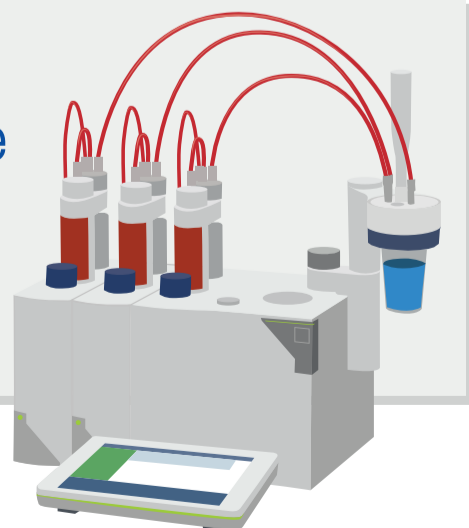
USA Federal Regulation, 21 CFR PART 101.61, revised April 2013

### What Technique is Best for Sodium Determination?

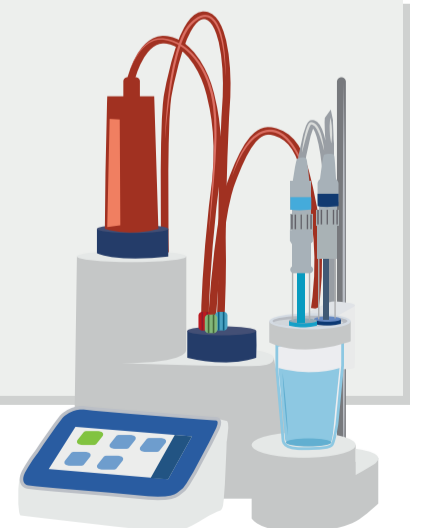
Standard Addition	Ion Selective Electrode (ISE)	Atomic Absorption Spectrometry	Ion Chromatography (IC)	Thermometric Titration
Minimal user skills	Minimal user skills	Advanced user skills	Advanced user skills	Advanced user skills
Low investment	High investment	High investment	High investment	High investment
No external calibration	External calibration	External calibration	External calibration	External standardization
Fast preparation & analysis	Fast preparation & analysis	Long preparation & analysis	Long preparation & analysis	Fast preparation & analysis

## METTLER TOLEDO Standard Addition stands for:

Efficient and Secure Titration Excellence



Simple and Accurate Sodium Analyzer



► [www.mt.com/sodium-determination](http://www.mt.com/sodium-determination)