

Did you know?

Are There Many Health Benefits in Pink Himalayan Salt?

Pink Himalayan salt is a natural pink-colored salt mined by hand from the Punjab region of Pakistan, near the Himalayas. It is one of salt that has a high purity and no added food additives such as anticaking agent as same as the regular table salt.

Pink Himalayan salt has 98% sodium chloride that is the same content as the table salt and 84 minerals as well as trace elements such as calcium, potassium, magnesium and iron that make the color and taste difference from the table salt. The below table shown the mineral content per gram of each salt. Pink Himalayan salt has more content in calcium, potassium, magnesium and iron than the regular table salt, whereas the sodium content is slightly less than the table salt. We can use pink Himalayan salt like regular salt in cooking.

Mineral Content/g	Pink Himalayan Salt	Table Salt
Calcium (mg)	1.6	0.4
Potassium (mg)	2.8	0.9
Magnesium (mg)	1.06	0.0139
Iron (mg)	0.0369	0.0101
Sodium (mg)	368	381

There are many health claims of pink Himalayan salt: helps the nasal sinus ailments, supports harmful organism cleansing in the body, detoxifies air that helps to reduce the respiratory problems such as asthmatic, helps to lower blood pressure and promotes mental calmness, etc. However, no clinical studies support its health benefits. While it is used in a number of popular non-dietary such as salt lamps and bath salts with many health claims. It is also no scientific supports. Even sodium is a necessary nutrient for our body system, the high sodium intake may cause many serious health conditions: high blood pressure, heart disease, stroke, liver damage, osteoporosis and kidney disease. The WHO advises consuming 2,000 mg of sodium per day, and the American Heart Association (AHA) suggests a lower intake of 1,500 mg per day.

- References:
- https://en.wikipedia.org/wiki/Himalayan_salt
 - <https://www.healthline.com/nutrition/pink-himalayan-salt#section4>
 - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>
 - <https://www.medicalnewstoday.com/articles/315081.php>
 - <https://www.ncbi.nlm.nih.gov/books/NBK133309/>

Events

January 2020

Date	Event/ Website
3-6	India Food Show, Ludhiana, India
8-10	Indus FoodTech, Greater Noida, India
8-10	Vietnam Beautycare Expo 2020, Hanoi, Vietnam
9-11	Food Show India 2020, Hyderabad, India
13-15	International Conference on Agriculture, Food and Biotechnology, Bali, Indonesia
14-15	Annual Sustainable Development in the Food & Beverage Industry Summit, Düsseldorf, Germany
14-15	Cosmetagora, Paris, France
14-16	Worlds of Healthy Flavors, Napa Valley, CA, USA
15	Lubrizon Seminar, The Philippines (tentative)
16	Lubrizon and Heart of Gold Seminar, Myanmar
16-17	Sedona Health and Nutrition Conference, Sedona, USA
18-20	India International Halal Expo, Hyderabad, India
20-22	Cosme Tokyo, Makuhari Messe, Japan
20-22	Inner Beauty Tokyo, Makuhari Messe, Japan
21	Innovative Food & Drink Science, Tech & Formulation Conference, London, UK
22-23	Sustainable Foods Summit, San Francisco, USA
28	CAHB Seminar-Sun Care for Thai customers, CAHBII, Bangkok, Thailand
29-30	Perfumes, Cosmetics & Design, Paris, France
29-30	Indie Beauty Expo, Los Angeles, USA

Regulation

Thai FDA List of Statement of Nutrient Function Claim (part 9)

Continuous part of annex table for statement of nutrient function claim. This regulation came into force on June 11, 2019.

No	Nutrient	Function claim
18	Iron	18.4 Iron contributes to the normal function of the immune system.
19	Iodine	19.1 Iodine contributes to the normal production of thyroid hormones and normal thyroid function.
		19.2 Iodine contributes to normal energy-yielding metabolism.
		19.3 Iodine contributes to normal function of the nervous system.
		19.4 Iodine contributes to the maintenance of normal skin.
20	Magnesium	20.1 Magnesium is a component of bones and teeth.
		20.2 Magnesium contributes to the normal function of the muscle and nervous system.
		20.3 Magnesium contributes to electrolyte balance.

Reference : www.fda.moph.go.th

To be continued next month



News



in-cosmetics Asia 2019, Thailand

in-cosmetics Asia 2019 was held on November 5-7, 2019 at BITEC, Bangkok, Thailand. CAHB and DCAC centers attended this event and presented around 300 innovative formulations of personal care and makeup products.



Inabata seminar, Philippines

Inabata France S.A.S with Chemico Philippines Inc., held an in-house seminar entitled "Inabata-New Cosmetic Actives" on November 12, 2019 at Chemico Philippines Application Center. New active ingredients such as Etioliftine, Inacalm, Inaclear, Slim EC3 and Stemprotect were presented by Mr. Pascal from Inabata France. The customers also had the opportunity to formulate Whitening cream and Slimming lotion in the workshop activity.



Inabata Workshop, Indonesia

Inabata France S.A.S together with PT. Kemiko Indonesia held an interactive workshop with the theme of "Innovative Concept of Cosmetics Active Ingredient from France" on November 14, 2019 with Mr. Pascal Plejewski and Ms. Suleeporn Phatthanapradit as speakers. The topics covered in this workshop included new concept of active ingredients for skin care products and the easy to use gelling agents which were demonstrated in Chemico Jakarta Application Center.



Homecare Mini-Seminar, Vietnam

On November 21, 2019, Chemico Vietnam Co., Ltd. held an interesting mini-seminar about home care with the topic "Basics About Home Care". Following the title, the presentations were all about basic knowledge as well as the ingredients used for home care formulations. We also updated the market information related to home care products in Vietnam. After the theory part, all customers also joined the workshop part with the trials for Baby Liquid Detergent, Fabric Softener and Multi-Purpose Cleaner Spray. Customers were invited to make Natural clear shampoo and had the opportunity to do wash test evaluation.



DCAC Seminar, Thailand

DCAC center, a member of Chemico group organized a makeup seminar for Thai customers entitled "Market Trends & Solutions for Makeup Formulations" on November 27, 2019 at CAHB II center, Bangkok, Thailand. The seminar covered Market trend 2019/2020 and DCAC In Cos 2019 products, Common problems in color cosmetics, Surface treatments, Microspheres, Actives and Preservatives for makeup products. Many innovative formulations were presented to the customers to try and discuss.

