

SALT CAN DAMAGE YOUR HEALTH

OSTEOPOROSIS
STOMACH CANCER
KIDNEY DISEASE
STROKE OBESITY
HEART DISEASE
HIGH BLOOD PRESSURE

Charity registration number: 1098818

Shocked? Want to learn more? Go to www.actiononsalt.org.uk



National Salt Awareness Week

February 1st - February 7th 2010
www.actiononsalt.org.uk

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