Consumer-Friendly Summary of Indian Standard IS 7224:2006

Iodized Salt, Vacuum Evaporated Iodized Salt, and Refined Iodized Salt – Specification

Overview

This standard specifies the quality and safety requirements for three types of iodized salt used for human consumption:

1. **Refined Iodized Salt** – Purified and treated to remove impurities.
2. **Vacuum Evaporated Iodized Salt** – Made using controlled evaporation techniques.
3. **Iodized Salt** – Regular salt mixed with iodine to prevent iodine deficiency.

Why Iodized Salt is Important?

Iodized salt helps prevent iodine deficiency, which can lead to thyroid problems, mental impairment, and other health issues. This standard ensures that the salt available in the market meets quality and safety requirements.

Key Quality Requirements

- **Purity**: The salt must be **free from dirt, clay, or other impurities**.
- **Appearance**: It should be white or slightly pink/grey and in crystalline form.
- **Iodine Content**:

  - At manufacturing: **Minimum 30 ppm (parts per million)**.
  - At retail level: **Minimum 15 ppm**.

- **Moisture Content**: Should not exceed **0.5%** to ensure longer shelf life.
- **Chloride Content (as NaCl)**: Must be at least **98.5%** for refined salt and **96.0%** for regular iodized salt.
- **Anti-Caking Agents**: Permitted in small amounts (max 2%) to keep salt free-flowing.

Packaging & Labelling

- **Packing**: Salt must be packed in **food-grade plastic or lined jute/HDPE bags**.
- **Labelling Requirements**:

  - Product name and type
  - Manufacturer details
  - Iodizing agent used
  - Iodine content when packed
  - Expiry date or "Best Before" date
  - Storage instructions: "Store in a cool and dry place"
  - BIS Certification Mark (optional)

Testing & Safety Measures

- The salt is tested for **impurities like lead, arsenic, iron, and sulfates**.
- The standard specifies methods to ensure accurate **sampling and testing**.
- If salt does not meet the required quality, it **cannot be sold as iodized salt**.