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Definition of “take something with a grain of salt” - English Dictionary

American-English dictionary ✓

“take something with a grain of salt” in American English

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take something with a grain of salt

★ to understand that something is likely to be untrue or incorrect:

I've seen the article, which I take with a grain of salt.



(Definition of “take something with a grain of salt” from the [Cambridge Academic Content Dictionary](#) © Cambridge University Press)

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