

CARNIVORE ELECTROLYTE PROTOCOL

Daily Reference & Tracking Guide

ELECTROLYTE	RECOMMENDED DAILY TARGET	COMMON SOURCES
Sodium	3,000 - 5,000 mg	Redmond Real Salt, Sea Salt
Potassium	1,000 - 3,500 mg	Steak, Salmon, Lite Salt (KCl)
Magnesium	300 - 500 mg	Mg Glycinate, Mg Malate
Water	To Thirst	Filtered Water, Mineral Water

SIGNS OF DEFICIENCY

- Muscle Cramps
- Headaches / "Keto Flu"
- Fatigue / Lethargy
- Heart Palpitations

DAILY LOG

â–¸ Salt in morning water

â–¸ Salting meat to taste

â–¸ Magnesium before bed

â–¡ Trace minerals added

Consult with a healthcare professional before starting any new supplement regimen.