

# ANIMAL-BASED ELECTROLYTE SOURCES

SOURCE	SODIUM	POTASSIUM	MAGNESIUM
<b>Bone Broth (Salted)</b>	High	Moderate	Trace
<b>Red Meat (Beef/Lamb)</b>	Low	High	Moderate
<b>Wild Caught Salmon</b>	Moderate	High	High
<b>Raw Dairy (Milk/Kefir)</b>	Moderate	High	Moderate
<b>Pastured Eggs</b>	Moderate	Moderate	Low
<b>Sardines (Canned)</b>	High	Moderate	High
<b>Beef Liver</b>	Low	Moderate	Moderate
<b>Hard Cheeses (Parmesan)</b>	High	Low	Moderate