

BALANCED ELECTROLYTE GUIDE

ELECTROLYTE	KEY FOOD SOURCES	PRIMARY FUNCTION
Sodium (Na+)	Sea Salt, Celery, Beets, Olives, Fermented Foods	<i>Fluid Balance & Nerve Signaling</i>
Potassium (K+)	Bananas, Avocados, Spinach, Sweet Potatoes, Coconut Water	<i>Muscle Contraction & Heart Rhythm</i>
Magnesium (Mg2+)	Dark Chocolate, Pumpkin Seeds, Almonds, Black Beans	<i>Relaxation & Energy Production</i>
Calcium (Ca2+)	Greek Yogurt, Sardines, Kale, Chia Seeds, Almonds	<i>Bone Health & Blood Clotting</i>
Chloride (Cl-)	Table Salt, Seaweed, Tomatoes, Lettuce, Rye	<i>Digestion & pH Balance</i>
Phosphate (PO43-)	Chicken, Turkey, Eggs, Nuts, Whole Grains	<i>Cell Repair & Bone Strength</i>

* This chart is for educational purposes only. Consult with a healthcare professional for personalized nutritional advice.