

DAILY ELECTROLYTE INTAKE GUIDE

Recommended Dietary Allowance (RDA) for Healthy Adults

ELECTROLYTE	TARGET GOAL	KEY NATURAL SOURCES	PRIMARY FUNCTION
Sodium	1,500 - 2,300 mg	Sea salt, celery, beets	Fluid balance / Nerve signals
Potassium	3,400 - 4,700 mg	Avocado, spinach, bananas	Heart rhythm / Muscle contraction
Magnesium	310 - 420 mg	Dark chocolate, nuts, seeds	Energy / Relaxation / Sleep
Calcium	1,000 - 1,200 mg	Leafy greens, dairy, sardines	Bone health / Blood clotting
Chloride	2,300 mg	Table salt, tomatoes, seaweed	Digestion / pH balance

Daily Hydration Log

Symptoms / Observations

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