

ELECTROLYTE CONCENTRATION CHART

Nutritional Reference for Essential Minerals per 100g serving

FOOD ITEM	PRIMARY ELECTROLYTE	CONCENTRATION	DENSITY
Potassium (K+)			
Dried Apricots	Potassium	1,162 mg	EXTREME
Spinach (Cooked)	Potassium / Magnesium	466 mg	HIGH
Banana	Potassium	358 mg	MEDIUM
Magnesium (Mg²⁺)			
Pumpkin Seeds	Magnesium	590 mg	EXTREME
Dark Chocolate (70%+)	Magnesium / Iron	230 mg	HIGH
Almonds	Magnesium / Calcium	270 mg	HIGH
Calcium (Ca²⁺)			
Sardines (with bones)	Calcium	382 mg	HIGH

FOOD ITEM	PRIMARY ELECTROLYTE	CONCENTRATION	DENSITY
Greek Yogurt	Calcium / Phosphorus	110 mg	MEDIUM
Sodium (Na+) & Chloride (Cl-)			
Celery	Sodium / Chloride	80 mg	NATURAL
Seaweed (Nori)	Sodium / Iodine	Varies	HIGH

Values are approximate and based on standard nutritional databases. Consult a healthcare professional for specific dietary requirements.