

PLANT-BASED ELECTROLYTE GUIDE

POTASSIUM (K)

- Bananas 422mg
- Sweet Potato 541mg
- Spinach 558mg
- Coconut Water 600mg
- White Beans 1000mg

MAGNESIUM (Mg)

- Pumpkin Seeds 150mg
- Dark Chocolate 64mg
- Almonds 80mg
- Quinoa 118mg
- Cashews 82mg

CALCIUM (Ca)

- Kale 150mg
- Chia Seeds 177mg
- Fortified Tofu 350mg
- Broccoli 47mg
- Sesame Seeds 88mg

SODIUM + CHLORIDE

- Celery Natural Na+
- Seaweed Iodine/Cl-
- Beets Nitrates/Na+
- Pink Himalayan Salt Trace Minerals
- Olives Natural Salts

*Values per standard serving size. Consult a professional for specific dietary needs.