

ELECTROLYTE RICH FOOD SOURCES

ELECTROLYTE	BEST FOOD SOURCES	BENEFIT
Potassium	Bananas, Sweet Potatoes, Spinach, Avocado	Nerve function & muscle control
Magnesium	Pumpkin Seeds, Dark Chocolate, Almonds, Chard	Energy production & sleep
Sodium	Sea Salt, Celery, Pickled Foods, Beets	Fluid balance & nerve impulses
Calcium	Greek Yogurt, Kale, Sardines, Tofu	Bone health & muscle contraction
Chloride	Tomatoes, Lettuce, Olives, Seaweed	Digestion & pH balance
Phosphate	Chicken, Beans, Nuts, Dairy	Tissue repair & cell function

Template Reference Only â€¢ Consult a professional for dietary advice.