

WHOLE FOOD ELECTROLYTES

POTASSIUM (K)

- Avocado High
- Spinach High
- Sweet Potato Med
- Coconut Water High
- Bananas Med

MAGNESIUM (MG)

- Pumpkin Seeds High
- Dark Chocolate Med
- Almonds High
- Swiss Chard Med
- Black Beans Med

SODIUM (NA)

- Celery Natural
- Sea Salt High
- Beets Natural
- Seaweed/Nori High
- Fermented Veg High

CALCIUM (CA)

- Sardines High
- Kale Med
- Chia Seeds High
- Yogurt (Plain) High
- Broccoli Med

Reference chart for educational purposes. Focus on variety and hydration.