

POTASSIUM & MAGNESIUM

Potassium and magnesium are two essential minerals that play important roles in maintaining good health. Here are some of the basic benefits of including potassium and magnesium in your diet:

Potassium

- Electrolyte Balance
- Muscle & Nerve Function
- Heart Health
- Kidney Function

Magnesium

- Bone Health
- Muscle Function
- Heart Health
- Energy Production
- Blood Sugar Regulation



Food Sources

Bananas

Oranges

Sweet potatoes

Spinach

Tomatoes

Avocado

Beans and lentils

Bran cereals

Peas

Beets

Brussels sprouts

Cantaloupe

Dairy products

Fish

Nuts

Oatmeal

Swiss chard

Almonds

Cashews

Seeds

Whole grains

Tofu

Dark chocolate

Figs