

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 Peas Swiss chard

Oranges Beets Almonds

Sweet potatoes Brussels sprouts Cashews

Spinach Cantaloupe Seeds

Tomatoes Dairy products Whole grains

Avocado Fish Tofu

Beans and lentils Nuts Dark chocolate

Bran cereals Oatmeal Figs

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