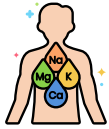


Potassium

Why do we need it?



- Promotes heart health
- Helps control the balance of fluid in the body
- It supports normal muscle function



Daily Recommended Allowance:

Adults require **3000+mg/day**



= 422mg

1 Medium Banana



= 558mg

100g of Spinach



= 875mg

100g of Chickpeas

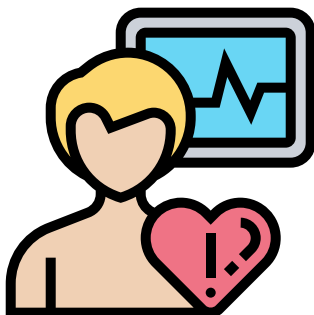


= 384mg

100g of Salmon

Symptoms Of Deficiency

Irregular Heartbeat



Tiredness



Muscle Cramping

