

## Sodium

## Potassium

## Magnesium

<b>Daily Intake</b>	2.5-6g/day	3-4.7g/day	400mg/day
<b>Deficiency symptoms</b>	Fatigue Weakness Headache Fuzzy head Muscle cramping Nausea	Muscle cramps Weakness Fatigue Low blood pressure Dizziness Heart palpitations Constipation Irritability Nausea Skin issues Sugar cravings	Muscle cramping Muscle twitching Trouble sleeping Irritability or anxiety Fatigue Muscle weakness Low immunity High blood pressure Constipation Period cramps Elevated blood sugar
<b>Eat more</b>	Season food liberally with sea salt or Himalayan salt (5-10g or 1-2 tsp/day) Drink bone broth	Avocado Swiss chard Spinach Mushrooms Brussel sprouts Broccoli Salmon Meat Artichoke Hemp seeds Almonds	Hemp seeds Swiss chard Pumpkin seeds Mackerel Chia seeds Cacao Dark chocolate Almonds Spinach Pine nuts Avocado Artichoke
<b>Supplement</b>		Potassium citrate	Magnesium citrate Magnesium glycinate Magnesium l-threonate Magnesium malate  TRANSDERMAL Magnesium chloride Magnesium sulfate