

# POTASSIUM HEALTH SECRETS REVEALED

Elayne Lubinski

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Suggested policies include: Requiring manufacturers to print potassium content on Nutrition Facts labels, Promoting low-cost and easily available sources of potassium milk, dried beans, potatoes, bananas and Encouraging families to cook healthy, plant-based meals. You need to avoid these conditions if possible. It works with sodium to balance the water in your body. There are many conditions or illnesses associated with the lack of potassium. Axe on Facebook 22 Dr. A study published in the journal Osteoporosis International found that high weakness, muscle aches and muscle cramps are common side effects of low potassium levels.