

POTASSIUM

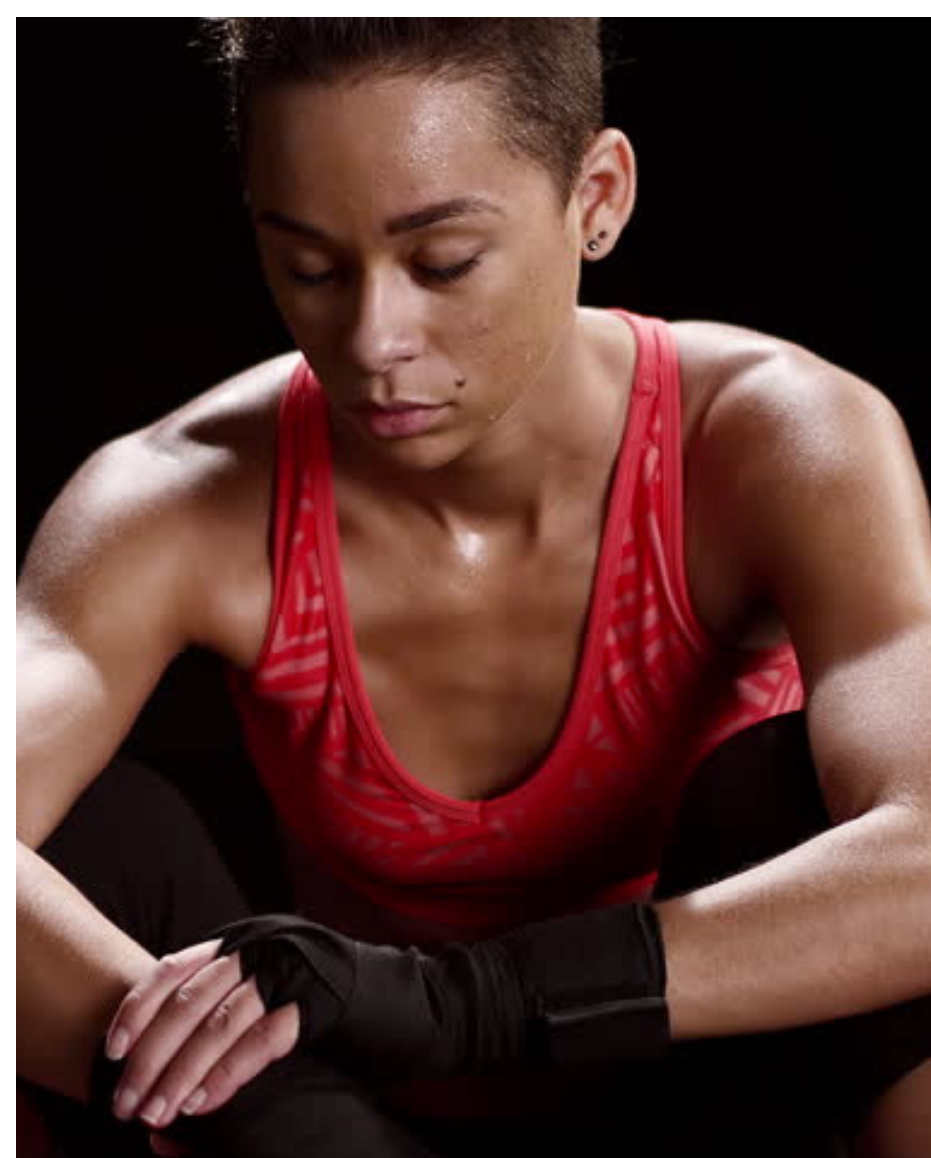
What is it?



The micronutrient potassium is the third most abundant mineral in the body. It is an electrolyte that regulates the transfer of nutrients of waste in and out of our cells. Our heart beats, muscle contractions and muscle impulses rely strongly on potassium.

In addition to helping to maintain a proper fluid balance in your body, potassium also performs the following functions:

- Keeps the blood from clotting
- Maintains the body's pH balance
- Carries nutrients to the cells
- Protects the stomach lining from the damage that could be caused by stomach acids
- Maintains healthy blood pressure
- Promotes heart health
- Preserves bone health



Potassium plays a role in the storage of carbohydrates to fuel your muscles. Which means, for those of us that regularly exercise, we should be especially concerned about potassium intake. The frequency and degree to which your muscles contract depends heavily on having the right amount of potassium in the body. When you don't get enough potassium in your diet, or when the movement of potassium through the body is blocked, your nervous and muscular systems can become compromised. This means that recover can be poor, especially in warmer conditions when you sweat more.



Because you lose potassium through sweat and urination, you need to be consuming potassium-rich foods each day (especially if you're an athlete or training in warmer conditions!) Low potassium levels can reduce your energy and endurance.

Recent studies show that potassium is only hit by 3% of the American population and DRV has increased from 3,500mg to 4,700mg per day as more research associates poor health outcomes, like hypertension and cardiovascular disease with low potassium intakes.

Best sources of potassium?

Carbs: Bananas, citrus fruits, plums, beets, pomegranate, sweet potatoes, lima beans, tomatoes

Proteins: Fish, salmon, most meats

Fats: Avocado, full cream milk

Easy ways to get potassium in?

Dilute pomegranate juice into your water bottle post work out.

Drink a small glass of prune juice first thing in the morning.

Find a juice bar that will let you smash up spinach with tomatoes, beets and carrots!