

POTASSIUM

Meaning: Potassium is a vital mineral and electrolyte that helps regulate fluid balance, muscle contractions, and blood pressure in the body.

1. Potassium is an essential mineral that plays a crucial role in maintaining healthy blood pressure levels.
2. Many fruits and vegetables, such as bananas and spinach, are rich in potassium and should be included in a balanced diet.
3. A deficiency in potassium can lead to muscle weakness and an irregular heartbeat.
4. The human body requires adequate potassium intake to support proper nerve function and muscle contractions.
5. Scientists have discovered that potassium-rich diets may reduce the risk of stroke and cardiovascular diseases.

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