

# Top 5 Performance Training Benefits

## TO A PROPER SODIUM INTAKE!

**salt/sodium INTAKE**

During your training and exercise sessions, have you ever experienced any of the following symptoms:

- DRY MOUTH
- FATIGUE
- DECREASED PERFORMANCE
- COGNITIVE ISSUES - CONFUSION, HALLUCINATIONS, STUPOR
- MUSCLE CRAMPS
- HEAT RELATED ILLNESS
- LACK OF MUSCLE FULLNESS
- LACK OF MUSCLE PUMPS
- LOW URINARY VOLUME
- HIGHER RATES OF SWEAT

If you have, then that is a clear sign you should start paying attention to your salt/sodium intake!

When sodium levels are low issues occur with the proper functioning of our muscles, nerves, and blood pressure levels, which results in a high probability of medical issues.

**HIGHpotassiumFOODS!**

Milligrams are based off of 1 cup serving of each.

 POTATOES	926
 BANANAS	422
 DARK LEAFY GREENS	1309
 SPINACH	839
 TOMATOES	427
 ORANGES	237

A recent study found that consuming twice the amount of potassium, in relation to sodium, can reduce your risk of dying from heart disease by 50%

