



LINDGREN
functional medicine

SOURCES OF Potassium



SALMON



AVOCADO



ACORN SQUASH



BEET GREENS

PRUNES &
DRIED FIGS



TIGERNUTS



TOMATO



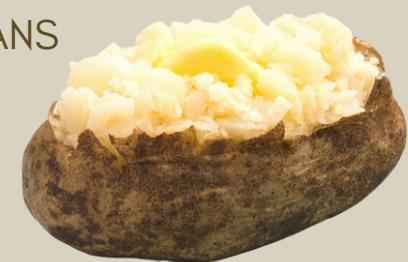
BEANS



SWEET POTATO



BANANA



BAKED
POTATO

COCONUT
WATER &
MILK

