

# GO BANANAS

1 MEDIUM BANANA  
CONTAINS **400MG** OF POTASSIUM

THE **POTASSIUM** YOU GET FROM EATING  
BANANAS GIVES YOU MANY **HEALTH BENEFITS:**

- Ensures proper nerve signals and heart beats
- Contributes to proper muscle contraction
- Helps protect against high blood pressure
- Reduces risk of stroke



*Provided by*  
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