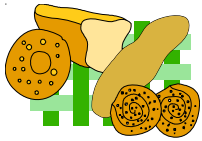


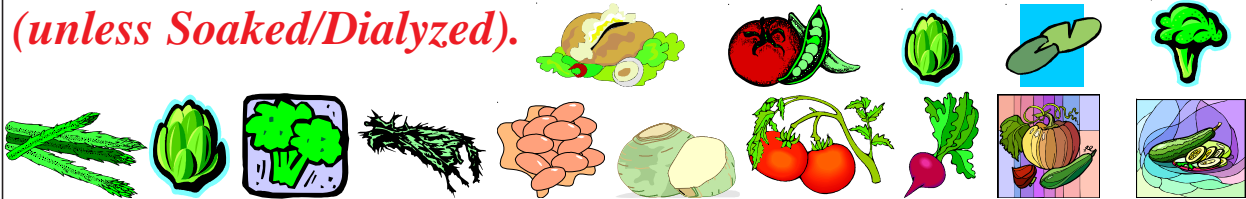
Your Potassium is Too High- Safe Level-3.0-5.0



Avoid the following Foods In Your Diet:



*Avoid these Vegetables- Asparagus, Artichoke, Broccoli (2 stacks only), Brussel Sprouts, Collard, Turnip & Mustard Greens, Spinach, All Dried or Canned Peas and Beans, Rutabagas, Lentils, Tomatoes, Okra, Winter Squash, All Potatoes (unless Soaked/Dialyzed).



*Avoid these Fruits- Bananas, Cantaloupe, Honeydew, Oranges, Tangerines, Nectarines, Grapefruit, Fresh Peaches, Plums, All Dried Fruits, Watermelon.



*Avoid these Juices- Grapefruit, Orange, Prune, Tomato, V-8.



*Avoid- Salt Substitute, Lite Salt, Bran/Bran Products, Coffee (Limit to 2 cups/Day), Chocolate, Coconut, Molasses, Cane Syrup, Nuts, Seeds, Peanut Butter, Granola, Milk, Dairy.



*Remember- If Your Potassium gets TOO HIGH- it can lead to Irregular Heart Beat and even a Heart Attack!!!!



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