

Table 2: Comparative Mineral Content and Health Impacts of Organic vs. Non-Organic Bananas

Mineral	Organic Bananas	Non-Organic Bananas	Health Implications	Source
Potassium	Increased levels as a result of better soil health	Standard values that might have chemical effects	Maintains cardiovascular health, controls blood pressure, and facilitates muscular contraction	Jones & Brown, 2019
Magnesium	Raised as a result of organic agricultural techniques	Standard level, impacted by the condition of the soil	Promotes stress reduction, neuronal function, and muscle relaxation	Smith et al., 2018
Iron	Similar or marginally more	Comparable	Vital for the transfer of oxygen and guards against anaemia	Sundaram et al., 2018
Zinc	Similar or marginally more	Comparable	Essential for cellular repair and immunological function	Sundaram et al., 2018
Chemical Residues	Minimal to none	Potential residues from pesticides	Decreased chance of being exposed to artificial substances	Harris et al., 2017