



# Potassium

INTRODUCED 1992

## What Is It?

Potassium provides support for numerous physiological functions, including nerve function, nutrient metabolism, bone health, muscle function and cardiovascular health.\*

## Uses For Potassium

**Cardiovascular Support:** Potassium plays a critical role in the transmission of electrical impulses in the heart and supports healthy blood flow. Potassium also plays important roles in muscle function, mood, cranial vessel comfort and maintaining acid/alkaline balance.\*

**Bone Health:** Potassium supports alkaline balance, bone cell function and bone mineralization in part by supporting calcium absorption and healthy bone resorption. In one randomized, double blind trial with postmenopausal women potassium citrate supported healthy bone composition of the neck, vertebrae and hip.\*

## What Is The Source?

Potassium is from the lime of rock. Aspartate is synthetic. Citrate is derived from corn dextrose fermentation. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 2 capsules per day, in divided doses, with meals.


## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Potassium can cause GI upset, nausea, diarrhea or vomiting in sensitive individuals. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Individuals taking ACE inhibitors, angiotensin receptor blockers or potassium-sparing diuretics may require monitoring of potassium levels. Consult your physician for more information.

### Potassium (aspartate)

each vegetable capsule contains	 v 0
potassium (aspartate) .....	99 mg
vitamin C (as ascorbyl palmitate) .....	11 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
<b>2 capsules per day, in divided doses, with meals.</b>	

### Potassium (citrate)

each vegetable capsule contains	 v 1
potassium (citrate) .....	200 mg
vitamin C (as ascorbyl palmitate) .....	11 mg
<b>2 capsules per day, in divided doses, with meals.</b>	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

