

# Potassium (aspartate and citrate)

## Essential mineral for vascular function and overall health<sup>†</sup>

### INDICATIONS

- Ages 18 and up
- Vascular and cellular fluid balance support<sup>†</sup>

### BENEFITS

- Essential for maintenance of acid-alkaline and cellular electrodynamic balance<sup>†</sup>
- Supports key physiological enzymatic processes<sup>†</sup>
- Helps maintain healthy water balance, heart rhythm and muscle function<sup>†</sup>
- May support healthy blood flow and cardiovascular function<sup>†</sup>

### FEATURES

- Available in both aspartate and citrate forms
- Made with high-quality vegan ingredients backed by verifiable science

### VERIFIABLE SCIENCE

Potassium activates many enzymatic reactions and is essential to a number of physiologic processes, including transmission of nerve impulses, muscle contraction, gastric secretions, renal function, tissue synthesis, and carbohydrate metabolism.<sup>1,2</sup>

Potassium is the major cation of intracellular fluid and is essential for maintenance of acid-alkaline balance, isotonicity, and electrodynamic characteristics of the cell.<sup>3</sup> In addition, it works with sodium to maintain healthy water balance, heart rhythm and nerve and muscle function.<sup>4</sup> Research suggests that adequate potassium intake may support healthy blood flow and cardiovascular health.<sup>5†</sup>

### SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

### STORAGE

Store in a cool, dry place.

### WARNING

Not to be taken if you have hyperkalemia or abnormal kidney function or take ACE inhibitors or potassium sparing diuretics.

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

### 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

### NOTES

Potassium (aspartate)

Size 0 caps

Bottle count 90

Order codes PO9

Bottle size 190 cc

Potassium (citrate)

Size 1 caps

Bottle count 90, 180

Order codes PC9, PC1

Bottle size 120 cc, 290 cc

### REFERENCES

1. Dahle LO, et al. *Am J Obstet Gynecol*. 1995 Jul;173(1):175-80.
2. Gropper SS, Smith JL. *Advanced Nutrition and Human Metabolism*. 6<sup>th</sup> ed. Belmont, CA: Wadsworth; 2012.
3. Palmer BF, *Clin J Am Soc Nephrol*. 2015 Jun 5;10(6):1050-60.
4. Dorup I, et al. *Br Med J (Clin Res Ed)*. 1988 Feb 13; 296(6620): 455-458.
5. Naismith DJ, et al. *Br J Nutr*. 2003 Jul;90(1):53-60.

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## SUPPLEMENT FACTS

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Potassium (as potassium aspartate) 99 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

**Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.**



Potassium (aspartate)	Quantity	Order Code
	90	PO9

**1 capsule, 1-2 times daily, with meals.**

**Each (size 1) vegetarian capsule contains:**

Potassium (as potassium citrate) 200 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

**Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.**

**Natural color variations may occur.**



Potassium (citrate)	Quantity	Order Code
	180	PC1
	90	PC9

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