

Potassium Magnesium

Essential mineral for vascular function and overall health[†]

INDICATIONS

- Ages 18 and up
- Cardiovascular health support[†]

BENEFITS

- Promotes cardiovascular function and health[†]
- Supports healthy muscle function[†]
- Magnesium promotes potassium utilization[†]

FEATURES

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

VERIFIABLE SCIENCE

Potassium and magnesium are both essential for healthy nerve impulse function, muscle contraction, cardiovascular function, acid/alkaline balance and carbohydrate and nutrient metabolism.^{1,2}

Magnesium also plays an important role in facilitating potassium utilization.^{3†}

SUGGESTED USE

Potassium Magnesium (aspartate)

As a dietary supplement, take 1 capsule, 1-4 times daily, with meals.

Potassium Magnesium (citrate)

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

- Magnesium and potassium are 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

NOTES

Potassium Magnesium (aspartate)

Size 00 caps

Bottle counts 90, 180

Order codes PM9, PM1

Bottle sizes 290 cc, 20 oz

Potassium Magnesium (citrate)

Size 0 caps

Bottle count 180

Order codes PMC1

Bottle size 290 cc

REFERENCES

1. Dahle LO, et al. *Am J Obstet Gynecol.* 1995 Jul;173(1):175-80.
2. Naismith DJ, et al. *Br J Nutr.* 2003 Jul;90(1):53-60.
3. Hamill-Ruth RJ, et al. *Crit Care Med.* 1996 Jan;24(1):38-45.

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SUPPLEMENT FACTS

1 capsule, 1-4 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium aspartate) 70 mg

Potassium (as potassium aspartate) 99 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.



Potassium Magnesium (aspartate)	Quantity	Order Code
	180	PM1
	90	PM9

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

Each (size 0) vegetarian capsule contains:

Magnesium (as magnesium citrate) 70 mg

Potassium (as potassium citrate) 140 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.



Potassium Magnesium (citrate)	Quantity	Order Code
	180	PMC1

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