

Potassium Magnesium (aspartate)

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

- 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

As a dietary supplement, take 1 capsule, 1-4 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
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

NOTES

Size 00 caps

Bottle counts 90, 180

Order codes PM9, PM1

Bottle size 290 cc, 20 oz

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.

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

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