

Potassium Magnesium (citrate)

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, 1-2 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
- Citrate is derived from corn dextrose fermentation
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

NOTES

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.

SUPPLEMENT FACTS

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

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Potassium Magnesium (citrate)	Quantity	Order Code
	180	PMC1