



Potassium Magnesium

INTRODUCED 1992

What Is It?

Potassium and magnesium provide wide range support for numerous physiological functions, including nerve function, nutrient metabolism, bone health, muscle function and cardiovascular health. Magnesium also plays an important role in facilitating potassium utilization, helping to provide optimal support from this important combination.*

Uses For Potassium Magnesium

Cardiovascular Support: Potassium plays a critical role in the transmission of electrical impulses in the heart and supports healthy blood flow. Magnesium provides broad-spectrum cardiovascular support, including arterial function, endothelial function, c-reactive protein metabolism and lipid metabolism. A meta-analysis of 20 randomized trials suggests that it also promotes healthy systolic and diastolic function. In one 15-year study involving 4,637 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Magnesium and potassium also play important roles in muscle function, mood and cranial vessel comfort.*

Bone Health: Magnesium is essential bone matrix mineral that promotes healthy bone metabolism. A trial involving 2,038 older individuals indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals. Potassium supports alkaline balance, bone cell function and bone mineralization in part by enhancing calcium absorption and supporting healthy bone resorption. In one randomized, double blind trial involving postmenopausal women, potassium citrate supported healthy bone composition of the neck, vertebrae and hip.*

Nutrient Metabolism: Magnesium activates the enzymes necessary for a number of physiological functions, including the metabolism of macronutrients, energy

production and the utilization of calcium, phosphorus, sodium, and potassium. Potassium is also important in maintaining acid/alkaline balance.*

What Is The 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.

Recommendations

Pure Encapsulations recommends:

- Potassium Magnesium (aspartate) = 1-4 capsules per day, in divided doses, with meals.
- Potassium Magnesium (citrate) = 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. Magnesium can cause loose stools. Potassium can cause GI upset, nausea, diarrhea or vomiting in sensitive individuals. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Magnesium should be taken separately from bisphosphonate medications. Individuals taking ACE inhibitors, angiotensin receptor blockers or potassium-sparing diuretics may require monitoring of potassium levels. Magnesium may also be contraindicated with certain antibiotics. Consult your physician for more information.

(continued)

*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.

Potassium Magnesium (aspartate)

each vegetable capsule contains  V 00

potassium (aspartate) 99 mg
magnesium (aspartate)..... 70 mg
vitamin C (as ascorbyl palmitate) 8 mg

1-4 capsules per day, in divided doses, with meals.

Potassium Magnesium (citrate)

each vegetable capsule contains  V 0

potassium (citrate)..... 140 mg
magnesium (citrate)..... 70 mg
vitamin C (as ascorbyl palmitate) 11 mg

2 capsules per day, in divided doses, with meals.



— Your Trusted Source —