



This uniquely formulated potassium product is composed of potassium bicarbonate. Potassium deficiency symptoms include fatigue, lethargy, cramping or heavy legs and the feeling of depression.

Potassium Chelates are useful in the nutritional support of hypertension, leg cramps and heart health, and is recommended for people who are on ketogenic and low carbohydrate diets, which can often cause significant potassium loss and low energy. Long distance runners or rigorous exercisers would also benefit since they quickly deplete their potassium levels.

CAUTIONS

Use caution if pregnant or nursing. **WARNING:** If you are taking a Potassium-Sparing Diuretic prescription drug **DO NOT TAKE SUPPLEMENTAL POTASSIUM.** If you have kidney disease you should discuss potassium bicarbonate supplementation with your physician before use. Do not reduce your dose of antihypertensive drugs or discontinue them without your physician.

Note: you will start seeing some of our supplements in glass rather than plastic. Glass offers a more inert environment than HDPE for product stability and it can be recycled virtually an endless number of times.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Potassium	300 mg	9%
(as Potassium Glycinate Complex, Potassium Bicarbonate)		

Other Ingredients: Microcrystalline cellulose vegetable stearate.

Servings per container: 120 Vegetarian Capsules

These statements have not been evaluated by the FDA. These products are not intended to treat, prevent or cure any disease

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