

ACTUAL SIZE

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CODE 1448

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CAUTION: Do not consume potassium supplements if you have kidney disease or are using a potassium-sparing diuretic.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

highly bioavailable form of potassium.*

Potassium is an important mineral used in various bodily functions. It is an important factor in the maintenance of the body's acid-base balance and nerve conduction, as well as the transfer of nutrients through cell membranes. Potassium is found in a number of foods, including dairy, fish, and other meats, fruits, vegetables and whole grains. Because food processing reduces the levels of naturally occurring nutrients in foods, supplementation may be necessary to insure adequate intake. Potassium Citrate is a well absorbed and

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 1 to 5 times daily, preferably with meals. Consider taking this product in combination with NOW® Magnesium and Taurine.



Potassium Citrate

ESSENTIAL MINERAL

99 mg

- Supports Electrolyte Mineral Balance
- Supports Nervous System*

180 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Potassium (from Potassium Citrate)	99 mg	3%

Other ingredients: Gelatin (capsule), Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

Manufactured by NOW FOODS

395 S. Glen Elyn Rd., Bloomington, IL 60108

Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives

Store in a cool, dry place. Please Recycle.