

**USAGE:** Take 1 tablet per day or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Potassium** is an essential macromineral in human nutrition with a wide range of roles, including transmission of nerve impulses, contraction of cardiac and skeletal muscles, and production of energy.\* Potassium is the predominant electrolyte within cells and essential for maintaining proper cellular tonicity.\*

The citrate salt of potassium has been shown to aid in the preservation of skeletal integrity.\* In this respect, it may function by partially neutralizing the high acid loads associated with typical Western diets to help prevent the excessive loss of calcium.\*

Fruits and vegetables are the richest dietary sources of potassium; potassium-rich foods include leafy greens, fruits and root vegetables.

**Keep out of the reach of children.**

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Jarrow**  
FORMULAS

Meets USP Standard

# Potassium Citrate

Essential  
Macromineral

Skeletal Health\*  
Systemic Alkalizer\*

**99**  
MILLIGRAMS

**120**  
TABLETS

DIETARY  
SUPPLEMENT



Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 120

|                                  | Amount Per Serving | % DV |
|----------------------------------|--------------------|------|
| Potassium (as Potassium Citrate) | 99 mg              | 2%   |

Other Ingredients: Calcium phosphate, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide and a food-grade coating.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

05318PC120

PROD#113014



Lot #: Best Used Before:

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