

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:
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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.

Store in a cool, dry place.

Lot #. Best Used Before:

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