

**Suggested Usage:** Take 1 capsule 1 to 5 times daily, preferably with food.

Potassium is an essential mineral that is widely distributed among food sources, with especially high levels present in fruits and vegetables. Potassium is critical for the maintenance of normal whole-body and cellular fluid levels, as well as for the maintenance of acid-base balance.\* It is also necessary for proper muscle contraction, the maintenance of healthy heart function, and for the transmission of nerve impulses.\* Potassium citrate is a well absorbed and highly bioavailable form of potassium.

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking any medications (especially those that may affect kidney function or blood potassium levels), or have a medical condition (especially heart/kidney condition or diabetes). Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 1448C v7



# Potassium Citrate

## 99 mg

Essential Mineral

- Supports Electrolyte Balance and Normal pH\*
- Proper Muscular Contraction\*

### 180 Veg Capsules

A Dietary Supplement    Vegetarian/Vegan



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Potassium (from 310 mg Potassium Citrate)	99 mg	2%

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Quality Tested & Packaged by NOW FOODS  
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nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

