

Potassium is an essential mineral that supports healthy muscle activity, promotes proper fluid balance in the body, and nourishes the nerves. Magnesium supports bone health, nerve and muscle function, and promotes cellular energy metabolism. These important minerals help replenish electrolytes and promote overall well-being.*

Carefully Manufactured by:
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SOLGB72267 00B



POTASSIUM MAGNESIUM ASPARTATE

SUPPORTS ELECTROLYTE BALANCE*
PROMOTES ENERGY METABOLISM*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



90 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Magnesium	20 mg	5%
(as magnesium aspartate)		
Potassium	50 mg	1%
(as potassium aspartate)		

DV = Daily Value

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Microcrystalline Cellulose.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule up to four (4) times daily, preferably at mealtimes, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

*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.

