

Potassium Magnesium (Aspartate)



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**Potassium Magnesium
(Aspartate)**



Clinical Applications

- Supports heart, muscular and nerve health*
- Promotes acid/alkaline balance and nutrient metabolism*

*The essential and complementary roles of magnesium and potassium in maintaining normal heart rhythm, blood pressure, and energy production are crucial to health. Complexing with aspartic acid facilitates their cell-energetic properties.**

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Potassium and magnesium provide wide range support for numerous physiological functions, including nerve function, nutrient metabolism, bone health, muscle function and cardiovascular health. Magnesium also plays an important role in facilitating potassium utilization, helping to provide optimal support from this important combination.*

Potassium plays a critical role in the transmission of electrical impulses in the heart and supports healthy blood flow. Magnesium provides broad-spectrum cardiovascular support, including arterial function, endothelial function, c-reactive protein metabolism and lipid metabolism. A meta-analysis of 20 randomized trials suggests that it also promotes healthy systolic and diastolic function. In one 15-year study involving 4,637 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Magnesium and potassium also play important roles in muscle function, mood and cranial vessel comfort.*

Magnesium is essential bone matrix mineral that promotes healthy bone metabolism. A trial involving 2,038 older individuals indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals. Potassium supports alkaline balance, bone cell function and bone mineralization in part by enhancing calcium absorption and supporting healthy bone resorption. In one randomized, double blind trial involving postmenopausal women, potassium citrate supported healthy bone composition of the neck, vertebrae and hip.* Also, activates the enzymes necessary for a number of physiological functions, including the metabolism of macronutrients, energy production and the utilization of calcium, phosphorus, sodium, and potassium. Potassium is also important in maintaining acid/alkaline

Supplement Facts		
Serving Size 1 Tablet		
Servings Per Container 100		
Amount Per Tablet	% Daily Value	
Magnesium (as magnesium aspartate complex)	100 mg	24%
Potassium (as potassium aspartate complex)	100 mg	2%
Aspartic Acid (as magnesium aspartate complex and potassium aspartate complex)	400 mg	*

*Daily Value not established.
Other ingredients: Cellulose, stearic acid, silicon dioxide, croscarmellose sodium, magnesium stearate, and cellulose coating.

Suggested Use

1 tablet, 1 to 2 times daily with food or as directed by a healthcare professional.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product.

KEEP OUT OF 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.