

Potassium+Mag™

Highly Bioavailable Potassium Complex*
(Magnesium Potassium Citrate & Trimagnesium Dicitrate)

**Supports healthy musculoskeletal structure and function,
cardiovascular function, and nervous system function***

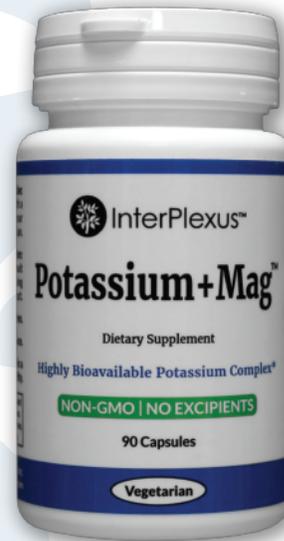
The potassium and magnesium compounds in this formulation are fully-reacted, organic bound salts known to have excellent bioavailability.

Why “Non-GMO” is important:

InterPlexus is dedicated to providing the highest quality supplements available. Quality starts with the raw materials used to make our products. We have ensured that no genetically modified ingredients were used in the manufacturing of this product.

Why “No Excipients” is important:

Excipients or “other ingredients” in supplements are used as a part of the manufacturing process and are not considered nutritionally relevant. Some examples of excipients include bulking agents, coatings, colors, and flavors. This product is intentionally formulated without excipients because InterPlexus is committed to producing supplements which are the safest and most beneficial for our consumers.



Supplementation with Potassium+Mag:

- Supports healthy blood pressure*
- Supports overall cardiovascular system health*
- Supports healthy muscle function*
- Supports bone density*
- Supports electrolyte balance*



Dairy Free



Soy Free



Egg Free



Gluten Free



Non-GMO



Vegetarian

NO EXCIPIENTS

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

For educational purposes only. Consult your physician for any health concerns.

Potassium+Mag™

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Supports healthy musculoskeletal structure & function,
cardiovascular function & nervous system function*

How does Potassium+Mag work?

Potassium+Mag is formulated with two highly bioavailable and fully-reacted mineral salts to support the healthy functioning of the cardiovascular, musculoskeletal, and nervous systems. Many individuals do not consume the recommended daily intake of potassium from food. Potassium plays a crucial role in maintaining cardiovascular health and many patients, particularly those with cardiovascular risk factors, may need to supplement potassium.

Importance of formulation:

This formula is a safe option for those considering potassium supplementation. Potassium+Mag provides a moderate dose of highly bioavailable potassium that is paired with a highly absorbable form of magnesium as magnesium is required to maintain normal potassium levels in the body. These chelated forms of minerals are fully-reacted, organic bound salts that have been shown to provide superior bioavailability and absorption.*

What the research shows:

Potassium, the most abundant electrolyte in the body, plays many crucial roles in human physiology. Notably, potassium is required to maintain nerve signal conduction and normal muscular function. Additionally, potassium is involved in maintaining bone strength.

Potassium helps to support healthy blood pressure levels. Research shows levels of potassium in the blood blunt increases in blood pressure caused by sodium intake.¹ Potassium supplementation has been suggested in the prevention of hypertension in patients unable to decrease their sodium intake.² The results of the DASH trial emphasize the importance of a heart healthy diet along with 4,100 mg of potassium daily in significantly lowering blood pressure.³

Potassium appears to help prevent stroke. In a large prospective study on men, higher intakes of potassium were correlated with lower overall incidence of stroke.⁴ Studies on a variety of populations with and without cardiovascular risk factors show strong evidence supporting higher intakes of potassium as foundational in the prevention of strokes.⁵⁻⁷

Potassium supplementation helps improve bone density. Research on bone mineral density shows an increase in density with potassium supplementation in elderly patients.⁸ Postmenopausal women, who are the highest risk for osteoporosis, benefited from potassium supplementation in several studies.^{9,10}

Maintenance of healthy levels of potassium requires the presence of magnesium. Low magnesium status causes an increase in the loss of potassium through urine, and low potassium status cannot be corrected without the concurrent replacement of magnesium.¹¹

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 90

	Amount Per Serving	% DV
Magnesium (as magnesium potassium citrate, trimagnesium dicitrate anhydrous)	15.75 mg	4%
Potassium (as magnesium potassium citrate)	78 mg	2%

Other ingredients: magnesium carbonate, vegetarian capsule (hypromellose, purified water).

Dairy, Soy, Egg & Gluten Free. Vegetarian.

Suggested Use: Take 1 capsule a day with a meal or as directed by your physician.

Caution: If pregnant or nursing, consult your physician before using this or any other product.

Keep out of reach of children.

Store in a cool, dry place.

Manufactured in the USA in a GMP compliant facility.

References:

¹ Morris RC, Sebastian A, Forman A, Tanaka M, Schmidlin O. *Hypertension*. 1999;33(1):18-23.

² Whelton PK, He J, Cutler JA, et al. *JAMA*. 1997;277(20):1624-1632.

³ Appel LJ, Moore TJ, Obarzanek E, et al. *N Engl J Med*. 1997;336(16):1117-1124.

⁴ Adebamowo SN, Spiegelman D, Flint AJ, Willett WC, Rexrode KM. *Int J Stroke*. 2015;10(7):1093-1100.

⁵ Iso H, Stampfer MJ, Manson JE, et al. *Stroke*. 1999;30(9):1772-1779.

⁶ Fang J, Madhavan S, Alderman MH. *Stroke*. 2000;31(7):1532-1537.

⁷ Bazzano LA, He J, Ogden LG, et al. *Stroke*. 2001;32(7):1473-1480.

⁸ Jehle S, Hulter HN, Krapf R. *J Clin Endocrinol Metab*. 2013;98(1):207-217.

⁹ Zhu K, Devine A, Prince RL. *Osteoporos Int*. 2009;20(2):335-340.

¹⁰ New SA, Bolton-Smith C, Grubb DA, Reid DM. *Am J Clin Nutr*. 1997;65(6):1831-1839.

¹¹ Cohn JN, Kowey PR, Whelton PK, Prisant LM. *Arch Intern Med*. 2000;160(16):2429-2436.

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