



Nutritional support for cardiovascular function, muscle and bone health, and kidney function

APPLICATIONS / BENEFITS

- Promotes healthy blood flow and heart health
- Supports muscle function and bone mineralization
- Maintains alkaline balance and supports kidney and urinary tract health

OVERVIEW

Patient One Potassium supplies 99 mg per capsule of potassium citrate, a well-absorbed form of potassium. This essential dietary mineral and electrolyte supports a number of fundamentally important physiological functions in the body. While potassium is abundant in vegetables, fruits, beans and nuts, typical American diets often provide less than adequate amounts of potassium. Other factors, such as chronic dieting, prolonged strenuous exercise causing perspiration, diarrhea and/or vomiting from illness, chronic kidney conditions, use of certain pharmaceuticals, and alcoholism, can lead to potassium insufficiency or deficiency. Deficiencies in potassium have been associated with irregular heart beat, muscle weakness and lack of energy.

As the most abundant positively charged intracellular electrolyte in the body, potassium plays a vital role in the transmission of electrical impulses in the heart. It supports healthy blood flow and healthy maintenance of already normal blood pressure. Potassium also plays a key role in the control of cardiac, skeletal and smooth muscle contractility.

High potassium intakes are associated with greater bone mineral density (BMD) in post-menopausal women. Potassium citrate supports acid/alkaline balance, bone cell function and bone mineralization in part by supporting calcium absorption and healthy bone resorption.

Diets high in potassium are also associated with higher urine pH and reduced risk for kidney stones. Low urinary pH is the strongest factor in the development of uric acid stones. Potassium's benefit of alkalizing the urine also inhibits the growth of undesirable bacteria in the urinary tract.

REFERENCES

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2. Jehle, Sigrid et al., Effect of Potassium Citrate on Bone Density, Microarchitecture, and Fracture Risk in Healthy Older Adults without Osteoporosis: A Randomized Controlled Trial. *J Clin Endocrinol Metab*, January 2013, 98(1):207-217
3. Moseley, Kendall et al., Potassium citrate supplementation results in sustained improvement in calcium balance in older men and women. *J Bone Miner Res*. 2013 Mar;28(3):497-504. doi: 10.1002/jbmr.1764.
4. Weaver, Connie M., Potassium and Health. *Adv. Nutr.* 4: 368S-377S, 2013; doi:10.3945/an.112.003533.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

Amount Per Serving		% DV*
Potassium (from Potassium citrate)	99 mg	2%

* Daily Values based on 2,000 calorie diet

Other Ingredients: rice flour, vegetable cellulose (capsule), leucine

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule 2 times daily, preferably with meals, or as directed by your health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. Individuals taking ACE inhibitors and potassium-sparing diuretics should take with caution to prevent excessive potassium levels in the body. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Patient One
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