

## Magnesium/Potassium Aspartate

### DESCRIPTION

Magnesium and potassium are minerals involved in important physiological functions that contribute to overall health.‡

### INDICATIONS

- Support for heart, muscular and nerve health‡

### FUNCTIONS AND MECHANISM OF ACTION

Magnesium and potassium provide key roles in heart, muscular and nerve health to support a number of physiological functions, including cardiovascular health and muscle function. Both minerals are essential for healthy nerve impulse function, muscle contraction and acid/alkaline balance. Magnesium supports cardiovascular health by promoting arterial and endothelial function, while potassium plays a critical role in the transmission of electrical impulses in the heart and supports healthy blood flow. Magnesium also is involved in carbohydrate and nutrient metabolism as it is responsible for activating the enzymes necessary for various physiological functions, including the metabolism of macronutrients, energy production and the utilization of calcium, phosphorus, sodium and potassium. In addition, magnesium plays an important role in facilitating potassium utilization and promotes healthy bone metabolism as it is an essential bone matrix mineral. Potassium supports bone cell function and bone mineralization in part by enhancing calcium absorption and supporting healthy bone resorption.‡

### FORMULA (#202752)

Serving Size 1 Vegetarian Capsule

Magnesium (as magnesium aspartate) ..... 70 mg

Potassium (as potassium aspartate) ..... 99 mg

Other Ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate

Gluten-free, Non-GMO

### SUGGESTED USE

As a dietary supplement, adults take 1 capsule, 1-4 times or as directed by your health professional.

### WARNING

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of reach of children.

### STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

### REFERENCES

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**For more information on Magnesium/Potassium Aspartate, visit [douglaslabs.com](http://douglaslabs.com)**

‡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.

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