

# K+2 Potassium

*Highly bioavailable and stable forms of potassium*

K+2 Potassium provides 300 mg of the mineral potassium per capsule, which is a higher dose than standard mass-marketed potassium supplements. It is uniquely formulated for potency, stability, and tolerability. Commercially available potassium supplements in the U.S. do not contain more than 99 mg of potassium, making it difficult to obtain a sufficient dose if your healthcare practitioner determines that you may benefit from more potassium than you're currently getting from your diet.

## Potassium: Mineral Sparkplug

Potassium is the most abundant positively charged electrolyte inside cells. Potassium concentrations are about 30 times higher inside cells than outside, compared to the concentration of sodium, which is 10 times lower inside cells than outside. This difference creates an electrochemical gradient across the cell membrane, and this gradient is essential for proper muscle contraction, nerve impulse transmission, release of hormones from endocrine glands, function of the heart muscle and more. In fact, as much as 20%-40% of an adult's resting energy expenditure (the calories the body burns while doing nothing) is dedicated to maintaining this critical electrochemical balance.

Potassium is abundant in vegetables, fruits, beans and nuts, with smaller amounts in animal foods. However, many people fall short of the current recommended daily intake, which is 3.4 grams for males and 2.6 grams for females. (Most vitamins and minerals are recommended in milligram or even smaller microgram amounts, so the recommended potassium intake is relatively high.) Even among people who are eating adequate potassium-rich foods, certain situations may cause an increased need for potassium that can be met with supplementation. Excessive alcohol intake may increase the need for potassium, as can overuse or abuse of laxatives, excessive sweating, and the use of diuretics and other pharmaceutical drugs known to cause loss of potassium from the body.

Inadequate potassium intake may result in fatigue, lethargy, muscle weakness, cramps or twitching, and impaired intestinal motility, which may lead to bloating, constipation and abdominal pain. It may also contribute to a low mood.

## Special Potassium Formulation

K+2 Potassium is a uniquely formulated potassium product composed of potassium bicarbonate and potassium bound to the amino acid glycine, which gives the product optimum potency and stability. Minerals are often better absorbed and are more bioavailable when bound this way. The alkalinizing effect of the bicarbonate in this formula provides additional nutritional support to help maintain healthy blood pressure levels and strong bones.\*

**Recommended Use:** As a dietary supplement, take one capsule per day with a meal, or as directed by your healthcare practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**