

# PRODUCT DATA SHEET

## Potassium-Magnesium Citrate



### Potassium-Magnesium Citrate

To maintain normal cellular function\*

- Promotes optimal kidney health\*
- Helps balance electrolytes\*
- Well absorbed form of these essential minerals

#### POTASSIUM-MAGNESIUM CITRATE

S u p p l e m e n t   F a c t s		
Serving Size: One Capsule		
Servings Per Container: 90		
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Each Capsule Contains:		% DV
Magnesium (as Magnesium Citrate)	70 mg	18%
Potassium (as Potassium Citrate)	99 mg	3%
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Daily Value (DV)		

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

90 Vegetarian Capsules  
Code: M241

### Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

### Interactions

ACE inhibitors (captopril, enalapril, ramipril, etc.) can produce potassium retention by inhibiting aldosterone in the adrenal glands. Potassium supplementation concurrent with ACE inhibitors and potassium-sparing diuretics (spironolactone, amiloride, triamterene, etc.) should be undertaken with caution to prevent excessive potassium levels in the body.

Aspirin, laxatives, sodium bicarbonate, and several prescription medications – including trisalicylate (a pain medication), colchicine, corticosteroids, and non-potassium sparing diuretics (such as thiazide diuretics) – can induce potassium depletion.

### Additional Warnings

Gas, bloating, or diarrhea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolves when the amount is reduced.

### Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

### Suggested Use

Take 1 capsule one to three times daily or as recommended by a health-care practitioner.

### Additional Notes

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\*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.