

PRODUCT DATA SHEET

Tri-Spartate®



**THORNE
RESEARCH**

Pure Ingredients, Trusted Results



Tri-Spartate®

Three important macrominerals in one capsule

- A balanced ratio of calcium, magnesium and potassium aspartates all in one capsule
- Helps balance electrolytes*
- Important minerals for cardiovascular and nerve function*

TRI-SPARTATE

S u p p l e m e n t F a c t s		
Serving Size: One Capsule		
Servings Per Container: 60		
Each Capsule Contains:	% DV	
Calcium (as Calcium Aspartate)	100 mg	10%
Magnesium (as Magnesium Aspartate)	90 mg	23%
Potassium (as Potassium Aspartate)	30 mg	1%
Daily Value (DV)		

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

60 Vegetarian Capsules

Code: M203

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 trisaliclate (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

*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.