InterClinical Professional

Amino Acids | Minerals | Herbs | Vitamins

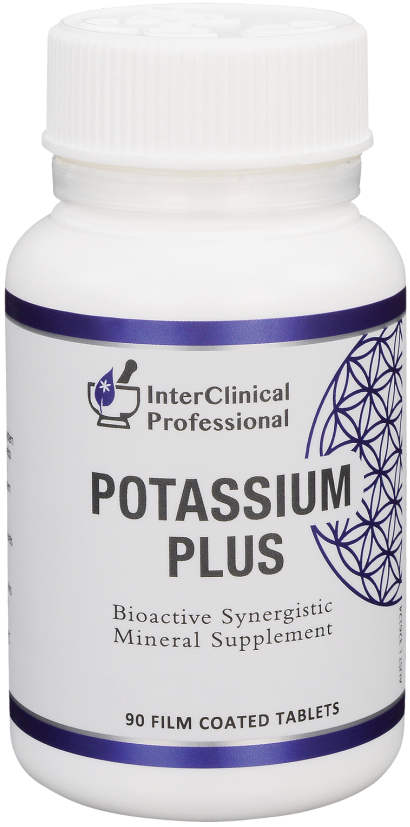
Potassium Plus

Bioactive Synergistic Mineral Supplement

Potassium Plus is a specialty formula supporting energy levels and maintaining body electrolyte balance and healthy acid/alkali balance in the body.

Maintains healthy cardiovascular, nervous system, neuro-muscular & kidney function

Potassium Plus also assists in carbohydrate metabolism.



For Practitioner Dispensing Only

Nutritional Therapy

Bioactive Bioavailable Quality Ingredients

This formula contains potassium as a mineral chelate with added synergistic nutrients nicotinamide (vitamin B3) and pyridoxal 5-phosphate (activated vitamin B6).

What you need to know about this supplement

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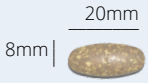
- Maintaining body electrolyte balance (Potassium)
- Helping maintain healthy acid/alkali balance in the body (Potassium)
- Maintaining healthy cardiovascular system function (Potassium)
- Maintaining healthy muscle contraction function (Potassium)
- Maintaining nervous system function (Potassium)
- Maintaining nerve conduction (Potassium)
- Maintaining neuromuscular function (Potassium)
- Maintaining kidney function (Potassium)
- Assisting carbohydrate metabolism (Potassium)
- Supporting general health and well being (Potassium)
- Helping prevent dietary potassium deficiency
- Supporting energy levels (Nicotinamide, Pyridoxine)

Specifications

Vegan Friendly

90 Film Coated Tablets
Coated with NutraPolish®
(certified organic)



Description: Tablet

Dosage Adults: 1 tablet, 2 - 3 times daily, or as directed by your healthcare professional.

Vegan friendly

Blended, tableted and packaged in Australia

Allergen & Free From

Ingredients in this product have been formulated without gluten, wheat, yeast, soy, egg, gelatin, fish, molluscs, crustaceans, milk products, peanuts, tree nuts, sesame, bee products, artificial preservatives, colours or flavours.

Each Tablet Contains:

Potassium (as potassium gluconate)	160 mg
Nicotinamide	5 mg
Pyridoxal 5-phosphate (P5P)	2.92mg
Equiv. Pyridoxine (Vitamin B6)	2 mg

Excipients Acacia, carauba wax, colloidal anhydrous silica, glycerol, guar gum, lecithin, magnesium stearate, maize starch, microcrystalline cellulose, purified water.

Contains 160 mg of potassium per tablet. Vitamins and minerals can only be of assistance if dietary intake is inadequate.

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PEER NOTES

Potassium is an essential mineral and electrolyte. Regulation of potassium's intra and extracellular concentrations are crucial for control of cell membrane potential to ensure healthy nerve impulse transmission, muscle contraction, and heart function. (1) Potassium intake is frequently inadequate in the typical Western diet, which may be low in its main sources, fruit and vegetables. (2) Insufficient levels are associated with several adverse health effects. (1, 3) Low potassium intake leads to sodium retention, downregulation of vascular sensitivity to catecholamines, stimulated renin activity, and worsening endothelial function in older adults. (4) Low potassium intake can cause positive net endogenous acid production. Chronic correction of electrolyte and acid-base parameters to maintain homeostasis may, over time, create risk of multi-organ damage. (5)

Adequate levels of potassium are linked to improvements in cardiovascular and other metabolic health outcomes. (6) Low potassium intake is a risk factor for hypertension, and several studies have shown that potassium supplementation lowers blood pressure in hypertensive individuals. (7) Dietary potassium depletion promotes renal sodium retention, and increasing potassium intake promotes urinary sodium loss. (8) The WHO recommends an increase in dietary potassium intake to at least 3510 mg/day to lower blood pressure and the associated risk of CVD, stroke, and coronary heart disease in adults. (4) Increased plasma potassium levels have beneficial effects on endothelial cells, reducing vascular stiffness and enhancing nitric oxide-mediated vasodilation. (6)

A 2016 systematic review and meta-analysis found that adequate dietary potassium exerted a protective effect against obesity and metabolic syndrome. (9) Subsequent studies have confirmed this finding. (2, 10) Potassium is required for the activity of pyruvate kinase, essential for carbohydrate metabolism. (1)

Pyridoxal-5-phosphate and nicotinamide are the active forms of vitamins B6 and B3 respectively. They support the roles of potassium in maintenance of health. B6 is a cofactor for approximately 150 reactions that include energy production, regulation of carbohydrate, amino acid, lipid, and neurotransmitter metabolism. It also counteracts the formation of reactive oxygen species thereby supporting immune function. (11-13) Vitamin B3 is also crucial for energy production and plays a key role in protecting neuronal health. (13, 14)

Work with the Specialists!

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