Magnesium and Potassium Aspartate

Recommended by Angie Svoboda, Pharm D.

DESCRIPTION

Magnesium & Potassium tablets deliver 200 mg of elemental magnesium and 99 mg of potassium in their bioavailable aspartate forms.

FUNCTIONS

Magnesium is a mineral with a fundamentally important physiological function in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium. Supplementation with bioavailable aspartate salts of this mineral can help bridge the gap between dietary intake and optimal requirement.

Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is also involved in maintaining normal heart function and blood pressure.

Two thirds of the body's magnesium content is located in the skeleton. Recent scientific studies show that magnesium supplementation of ovariectomized animals, a model for postmenopausal women, not only promotes bone formation while increasing its dynamic strength, but also prevents bone resorption.

The aspartate salt used in Magnesium Aspartate is a highly absorbed and well tolerated form of magnesium.

Aspartic acid is a natural amino acid which occurs widely as a constituent of food proteins. In the body, aspartic acid is involved in energy production as an intermediate in the Krebs cycle.

INDICATIONS

Magnesium & Potassium may be a useful nutritional supplement for individuals who wish to increase their dietary intake of magnesium and potassium.

FORMULA (WW #10101)

1 Tablet Contains:

Magnesium (Aspartate Complex) ..... 200 mg
Potassium (Aspartate Complex) ..... 99 mg
Other Ingredients: cellulose, dicalcium phosphate, vegetable stearate, and silica.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, preservatives, artificial colors or flavors.

SUGGESTED USE

Adults take 1 tablet daily or as directed by physician.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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