

Potassium 99 mg

As Potassium Gluconate



Recommended by
Angie Svoboda, Pharm D.

DESCRIPTION

Potassium 99 mg capsules supply 99 mg of elemental potassium from 495 mg of potassium gluconate.

FUNCTIONS

Potassium is a mineral with fundamentally important physiological functions in the body. It is present in all tissues of the human body and is required for cell function and electrochemical gradients. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of potassium. Potassium is of great physiological importance, contributing to the transmission of nerve impulses in the heart and other muscles, and to the maintenance of bones and healthy blood pressure. Potassium is generally well absorbed from the gastrointestinal tract, and the kidneys regulate total body potassium by controlling urinary potassium excretion.

INDICATIONS

Potassium 99 mg may be a useful dietary adjunct for individuals wishing to supplement their diet with potassium.

SUGGESTED USE

As a dietary supplement, adults take 1 tablet daily with food, or as directed by a healthcare professional.

FORMULA (WW #10441)

1 Tablet Contains:

Potassium 99 mg
(as potassium gluconate)

Other Ingredients: Cellulose, vegetable stearin, silica and magnesium stearate.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, eggs, peanuts, soy, tree nuts, fish, shellfish, sesame, preservatives, artificial colors or flavors.

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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Isaac G, Holland OB. Drug-induced hypokalemia: A cause for concern. *Drugs & Aging* 1992;2:35-41.

Robertson JI. Diuretics, potassium depletion and risk of arrhythmias. *Eur Heart J* 1984;5(Suppl A):25-8.

Whelton PK, Buring J, Borhani NO, et al. The effect of potassium supplementation in persons with a high-normal blood pressure. Results from phase 1 of the trials of hypertension prevention (TOHP). *Ann Epidemiol* 1995;5:85-95.

Manufactured For:

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