

Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 1/4 Level Teaspoon (approx. 1.4 g)  
Servings Per Container about 243

	Amount Per Serving	% Daily Value
Potassium (from Potassium Citrate)	448 mg	13%

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

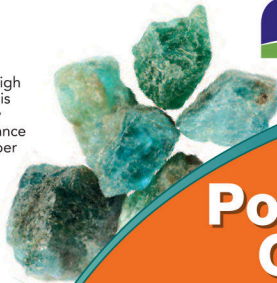
Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.



# Potassium Citrate Pure Powder

Essential Mineral

- Supports Electrolyte Balance and Normal pH\*
- Proper Muscular Contraction\*

Net Wt. 12 oz. (340 g)

A Dietary Supplement    Vegetarian/Vegan

**Suggested Usage:** Take 1/4 level teaspoon 1 to 2 times daily in separate servings. Take with food and at least 8 oz. of water or other beverage.  
**Do not exceed 2 servings per day.**

Potassium is an essential mineral that is widely distributed among food sources, with especially high levels present in fruits and vegetables. Potassium is critical for the maintenance of normal whole-body and cellular fluid levels, as well as for the maintenance of acid-base balance.\* It is also necessary for proper muscle contraction, the maintenance of healthy heart function, and for the transmission of nerve impulses.\* Potassium Citrate is a well absorbed and highly bioavailable form of potassium.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking any medications (especially those that may affect kidney function or blood potassium levels), or have a medical condition (especially heart/kidney condition or diabetes). Keep out of reach of children.

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