

## Potassium (Item #2027)

Formulated to Maintain Electrolyte Balance

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Potassium is an element that aids muscle contraction and maintains cellular fluid and electrolyte balance. Potassium is also important in sending nerve impulses as well as releasing energy from protein, fat, and carbohydrates during metabolism. Due to our high intake of sodium, mostly via table salt, our bodies need for potassium rises proportionally. The more table salt you consume the greater the potassium needed to maintain osmotic equilibrium between the extra cellular fluid and the cell itself. If there is too much sodium the cells shrink from the resulting increase in pressure on the outside cell wall allowing extra fluid in between the cells. The end result is "fluid retention" - a sure sign that our potassium/sodium levels are out of balance. Potassium excess on the other hand is a rare occurrence. Some researchers are suggesting that a long-term imbalance between sodium and potassium is a contributing factor to the alarming increase of Type II diabetes.

Ingesting potassium daily may be insurance policy in the prevention of premature kidney degeneration and the potential lack of muscle coordination.

**Dosage:** Take 1 capsule 3 times daily or as directed by a qualified health professional.

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### Ingredients Explained

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**Potassium** is an element (and an electrolyte) that is essential for the body's growth and maintenance. It is necessary in maintaining normal balance between the cells and body fluids. Potassium also plays an essential role in the response of nerves to stimulation and in the contraction of muscles. Cellular enzymes need potassium to work and function properly. It also plays a key role in cardiac, skeletal, and smooth muscle contraction, making it an important nutrient for normal heart, digestive, and muscular function.

A potassium deficiency due to increased urinary loss often occurs when medication for certain heart diseases is used to prevent sodium and water retention. To overcome this loss, physicians often suggest eating more foods high in potassium. More potassium may be prescribed as a medicine.

A diet high in potassium from fruits, vegetables, and legumes is generally recommended for optimum heart health. Such foods include bananas, cantaloupe, grapefruit, oranges, tomato or prune juice, honeydew melons, prunes, molasses and potatoes. Some foods high in potassium are also high in calories. When weight control is important, eat more low-calorie foods.

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### Ordering Information

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Potassium (*Item #2027*) is priced at only: \$10.00 for 100 Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
Without first consulting your physician.**

#### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.