

## Magnesium/Potassium Complex

### DESCRIPTION

Magnesium/Potassium Complex capsules, provided by Douglas Laboratories®, deliver 90 mg of elemental magnesium and 90 mg of elemental potassium for cardiovascular support.

### FUNCTIONS

Magnesium and potassium are two minerals with fundamentally important physiological functions in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium and potassium. Supplementation with bioavailable aspartate salts of these two minerals 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 ATP, the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of c-AMP, energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is involved in maintaining already normal heart function and blood pressure.

**Potassium** is the principal intracellular cation. Potassium is of great physiological importance, contributing to the transmission of nerve impulses, the control of skeletal muscle contractility, and to the maintenance of already normal blood pressure. Potassium is generally well absorbed from the gastrointestinal tract, and the kidneys regulate total body potassium by controlling urinary potassium excretion.

### INDICATIONS

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

### FORMULA (#7400)

#### Each Capsule Contains:

Magnesium (from Magnesium Aspartate/Oxide Complex) .....	90 mg
Potassium (from Potassium Aspartate/Chloride Complex).....	90 mg

### SUGGESTED USE

One capsule daily as a dietary supplement, or as directed by a healthcare professional.

### SIDE EFFECTS

No adverse side effects reported.

### STORAGE

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

## Magnesium/Potassium Complex

### REFERENCES

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Beneficial effects of oral magnesium supplementation on insulin sensitivity and serum lipid profile. *Med Sci Monit.* 2010 Jun;16(6):PI13-8.

**For more information on Magnesium/Potassium Complex visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**

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