

**Mg-K Aspartate**  
**Providing bioavailable magnesium and potassium**

**DESCRIPTION**

Mg-K Aspartate tablets, as provided by Douglas Laboratories®, deliver 100 mg of elemental magnesium and 99 mg of elemental potassium in their bioavailable aspartate forms.

**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 normal heart function and blood pressure.

The aspartate salt used in Mg-K Aspartate is highly absorbed and well tolerated

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 normal blood pressure.

Potassium is generally well absorbed from the gastrointestinal tract, and the kidneys regulate total body potassium by controlling urinary potassium excretion.

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**

Mg-K Aspartate may be a useful nutritional adjunct for individuals who wish to increase their dietary intake of magnesium and potassium.

**FORMULA (MGK)**

Each tablet contains:

Magnesium (aspartate complex).....	100mg
Potassium (aspartate complex).....	99mg
Aspartic Acid (total yield).....	682mg

**SUGGESTED USE**

One to two tablets daily as a dietary supplement, or as directed by a physician. Take with food.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

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

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**For more information on Mg-K Aspartate 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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