

# Magnesium and Potassium Aspartate

## New Formulation



### DESCRIPTION

Magnesium and Potassium Aspartate capsules deliver 200mg of elemental magnesium and 99 mg of potassium in their bioavailable aspartate forms in each 3 capsule serving.

### FUNCTIONS

Magnesium is a mineral with a fundamentally important physiological function in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium. Supplementation with bioavailable aspartate salts on this mineral 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 adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is also involved in maintaining normal heart function and blood pressure.

Two thirds of the body's magnesium content is located in the skeleton. Recent scientific studies show that magnesium supplementation of ovariectomized animals, a model for premenopausal women, not only promotes bone formation while increasing its dynamic strength, but also prevents bone resorption.

The aspartate and maleate salts used in Magnesium and Potassium Aspartate are highly absorbed and well tolerated forms of magnesium.

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

Magnesium & Potassium Aspartate may be a useful nutritional supplement for individuals who wish to increase their dietary intake of magnesium and potassium.

### FORMULA (WW #10349)

#### 3 Capsules Contain:

Magnesium (Aspartate Complex) ..... 200 mg  
Potassium (as Potassium aspartate) ..... 99 mg  
Other ingredients: Rice flour, pullulan (capsule), glycerol behenate, modified food starch with MCT and silicon dioxide. This product contains NO sugar, yeast, corn, wheat, rice, soy, artificial colors, flavors or preservatives.

### SUGGESTED USE

Adults take 3 capsules daily with meals, or more as directed by a healthcare professional.

### 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. B-6, which aid the conversion of tryptophan to serotonin in the body.

Manufactured For:

**Fireside Pharmacy**  
73847 Hwy III  
Palm Desert, CA 92260  
760.346.1113