

Potassium Citrate

99 mg Tablets



Product Summary:

Potassium is one of the most plentiful and important electrolytes in the body. It is especially important to the proper functioning of the cardiovascular system, as well as proper muscle and nerve function.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Mineral supplement for the maintenance of good health.



GENERAL HEALTH
& WELLNESS



Pharmacology:

Potassium is one of the body's major ions and one of the most important as well. Potassium is an electrolyte – a mineral that can conduct electricity when dissolved in water. The potassium mineral plays a role in many body functions including acid-base balance, water balance/distribution, blood pressure, heart function, muscle and nerve cell function, and various enzymatic reactions.¹ Potassium plays a critical role in the proper functioning of the entire cardiovascular system.² As such, potassium supplementation is often used in the treatment of many cardiovascular diseases.

Potassium supplementation is also commonly used to address potassium deficiency. Potassium is also used to lower blood pressure and for hypertension.^{1,3} It may also decrease the risk of stroke.³

The North American diet, with excessive consumption of sodium (salt) and low levels of potassium, puts a high stress on the kidney's ability to maintain proper fluid volume. Most Americans have a potassium-to-sodium ratio of less than 1:2; however, recommended ratios are greater than 5:1. This imbalance can cause high blood pressure or water retention. In addition to increasing potassium intake, it is important to limit sodium intake by limiting high sodium foods.²



Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

100's 7 77747 10270 9

NPN:

02243693

Expiry Date:

60 months from date of manufacture

Active Ingredient:

Each tablet contains:

Elemental Potassium (Citrate)99 mg

Non-Medicinal Ingredients (in descending order):

Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, magnesium stearate.

Appearance:

White round tablet.

Packaging:

175 cc white round bottle with safety seal under a 38 white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

Store in tightly closed containers in a cool, dry place.





Dose:

According to the NHPD, the daily-recommended adult dose for potassium is 0-100 mg/d.³

Directions:

(Adults): 1 tablet daily or as recommended by a physician.

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

Potassium deficiency affects muscles and nerves. It can cause fatigue and muscle weakness.² Dietary deficiency might play a role in the development of hypertension, stroke, and cardiovascular disease.⁴ Inadequate dietary intake of potassium is typically caused by a diet low in fruits and vegetables but high in sodium.¹

Approximately 80% of patients who are receiving diuretics become hypokalemic. Symptoms can include palpitations, muscle weakness, fatigue, paralysis, constipations, nausea or vomiting, and depression. Deficiency symptoms are caused by the underlying cause of hypokalemia rather than the potassium deficiency itself.¹

Drug Interactions/Contraindications:

Kidney disorder/hemodialysis: Potassium supplementation should not be started without consultation with a physician if you have a kidney disorder or are on hemodialysis.¹

Hyperkalemia: concomitant use of potassium supplements with certain drugs (ACE inhibitors, angiotensin receptor blockers, potassium-sparing diuretics) increase the risk of hyperkalemia (potassium toxicity).⁴

Blood pressure: Potassium can reduce blood pressure and blood pressure readings.¹





Toxicity/Adverse Reactions:

Potassium can cause stomach upset, nausea, diarrhea, vomiting, belching, flatulence, and ulcerations at high dosages when given in pill form⁴

Hyperkalemia, typically serum potassium above 5 mEq/L, can cause paresthesia, generalized weakness, flaccid paralysis, listlessness, vertigo, mental confusion, hypotension, blood in the stool, cardiac arrhythmias, heart block, and death.⁴





Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	
Artificial Flavors	
Artificial Sweeteners	
Corn Products	
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Starch/Modified Starch	
Sulphites	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:

Free of Animal Products

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:

Kosher





References:

1. Murray, Michael, The Pill Book Guide to Natural Medicines, Bantam, Toronto, 2002.
2. Murray, Micheal and Joseph Pizzorno. Encyclopedia of Natural Medicine, revised 2nd edition, Prima, California, 1997.
3. Health Canada, Potassium Monograph, Accessed November 12, 2010 [Available from: <http://www.hc-sc.gc.ca>]
4. Natural Medicine Comprehensive Database (NMCD), Potassium Monograph, Accessed November 12, 2010 [Available from: <http://www.naturaldatabase.com/>]

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