



Potassium Capsules

Nutritional supplement
vegan

Useful information: Potassium only occurs in nature in compounds and cannot be produced by the human body itself. Nevertheless, it is important for many metabolic processes. For example, potassium plays a role in the transmission of nerve impulses, contributing to normal functioning of the nervous system and muscles, including the heart muscle. Potassium is also needed to maintain normal, healthy blood pressure. If natural sources of potassium such as mushrooms, bananas, dates, sultanas, beans, chilli, cheese or spinach can only be used to a limited extent, potassium capsules from Kräuterhaus Sanct Bernhard are a good way to supplement the daily diet with this essential element.

Ingredients: Potassium Citrate, Hydroxypropylmethylcellulose, anti-caking agent: Magnesium Stearate.

	per capsule	per daily dose (= 3 capsules)	% of NRV recommended daily dose*
Potassium	275 mg	825 mg	41

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

Recommended use: Swallow 2-3 capsules with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

People who suffer from kidney or heart complaints should consult a doctor prior to taking these capsules.

Made in Germany

Contents 320 capsules = 262 g

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