

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Potassium

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PRODUCT: Fred Meyer Potassium Gluconate (100t, 250t)

NUTRIENT AMOUNT: 99 mg Potassium from 595 mg potassium gluconate

STRUCTURE/FUNCTION CLAIM:

Potassium is found mainly in the fluid inside the individual body cells. With sodium, it helps to regulate volume of body fluids.

REFERENCES:

1. Oh, M.S., Water, electrolyte, and acid-base balance, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 112-143.

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