

Potassium improves your Health

Potassium (K) is an essential mineral nutrient. Within the body, potassium is an important component of the fluid found in each of our cells. As such, it is vital for regulating cell acidity, muscle contraction, conduction of nerve impulses and more. The importance of potassium to human health has been well recognized and new studies continue to emphasize its positive effects and its potential use in public health.

Nerve & Muscle function

Potassium plays a vital role in normal nerve and muscle function. A low potassium level stops muscles from relaxing, leading to tension and impaired function.

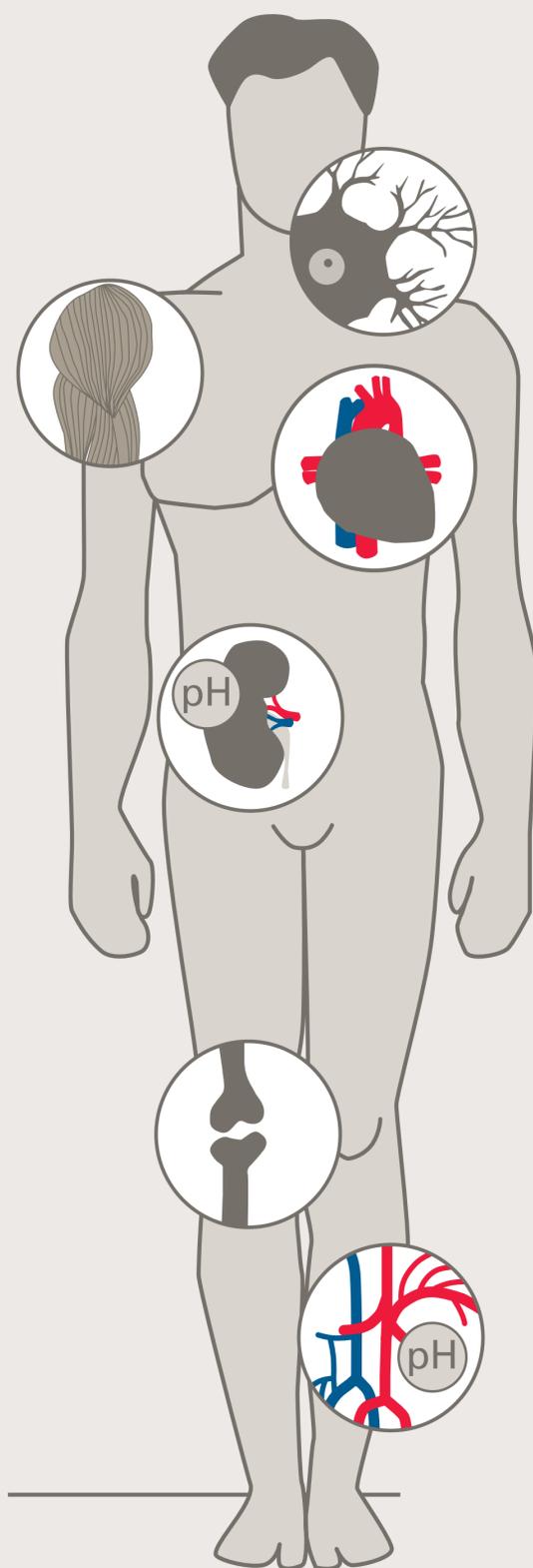
Common symptoms of potassium deficiency include muscle weakness and spasms; if left untreated, potassium deficiency may cause the breakdown of muscle tissue.

Kidney health

Eating potassium-rich foods reduces the amount of calcium extracted in urine, lowering the risk of developing kidney stones. Potassium also prevents damage to the kidney and slows the progression of kidney diseases.

Bone health

High potassium intake improves calcium retention in the body. This makes our bones stronger and reduces the risk of osteoporosis.



Blood pressure and Heart function

Eating potassium-rich foods helps to lower blood pressure. This reduces the risk from cardiovascular diseases, such as coronary heart disease and stroke.

Potassium-rich foods include: beans, dark leafy greens, avocado, banana, dried fruits etc.

Increased dietary potassium intake improves the function of the cardiovascular system. Potassium decreases the risk of cardiovascular diseases and increased mortality from heart diseases. For every 1,640 mg of potassium consumed per day (e.g. one cup of kidney beans and a cup of plain yoghurt) there is a 21% reduction in the risk of stroke.

Acid-base balance

Potassium is one of the main electrolytes used by our body to maintain acid-base balance. Our body needs the right balance of acid and basic compounds to function properly. Potassium influences the speed of cellular reactions, cell function and the very integrity of cell structure.

Dietary recommendations: Globally, insufficient dietary potassium is a significant cause of poor health for millions of people. Work to promote greater consumption of dietary potassium is urgently needed; increasing the intake of unprocessed, potassium-rich fruit and vegetables is the most effective strategy.

