

Muscle
Potassium helps keep your muscles healthy by working at the cellular level to repolarize the cells of your muscles, helping to repair them faster and more efficiently.

Bone
Potassium neutralizes the effects of bone-depleting metabolic acids. These acids "eat away" at the bone, much like acid rain eats away at a limestone statue.

Brain
According to the Journal of the American College of Cardiology, adding just 1600 mg of potassium a day to your diet can lower your risk of stroke by 21%.

Heart
Potassium helps to lower blood pressure by balancing out the negative effects of salt. An increase in potassium intake along with a decrease in sodium is the most important dietary change a person can make to reduce their risk of cardiovascular disease.

