

Potassium Overview

Why We Need It?

Potassium is an essential electrolyte that helps regulate fluid balance, nerve function, and muscle contractions. It plays a crucial role in heart health, blood pressure control, and overall cellular function. Since the body does not store potassium well, a consistent dietary intake is necessary.

Functions in the Body

Fluid & Electrolyte Balance: Works with sodium to regulate hydration and prevent dehydration.

Heart Health: Helps maintain a steady heartbeat and lowers blood pressure.

Muscle Function: Supports muscle contractions and reduces the risk of cramps.

Nerve Transmission: Essential for sending electrical signals in the nervous system.

Blood Sugar Control: Aids in insulin function and glucose metabolism.

Bone & Kidney Health: Reduces the risk of kidney stones and supports bone mineralization.

Daily Recommended Intake (RDI):

Infants (0-6 months): 400 mg/day

Children (1-8 years): 2,000-2,300 mg/day

Adolescents (9-18 years): 2,500-3,000 mg/day

Adults (19+ years): 3,400 mg/day (men), 2,600 mg/day (women)

Pregnant Women: 2,900 mg/day

Lactating Women: 2,800 mg/day

Upper Limit (UL): No set upper limit from food, but excessive supplementation can cause hyperkalemia (dangerous high potassium levels).

Benefits of Supplementation

- Helps lower blood pressure and reduce the risk of hypertension.
- Supports proper muscle function and prevents cramps.
- Promotes cardiovascular health and reduces the risk of stroke.
- Aids in hydration and electrolyte balance.
- May help prevent kidney stones and support bone health.

Most Bioavailable Form

Potassium Citrate: Supports kidney function and pH balance.

Potassium Chloride: Commonly used in supplements and salt substitutes.

Potassium Gluconate: Easily absorbed and gentle on digestion.

Potassium Bicarbonate: Helps balance acid levels in the body.

Best Food Sources

Fruits: Bananas, oranges, melons, avocados, kiwis.

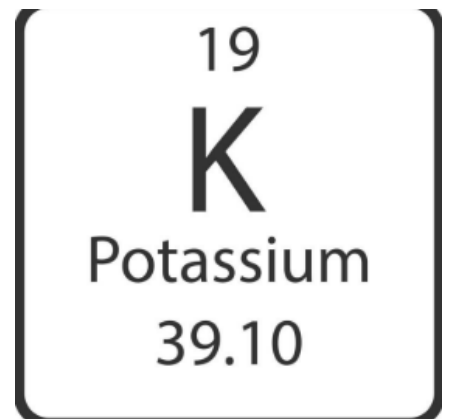
Vegetables: Spinach, potatoes, sweet potatoes, tomatoes.

Legumes: Lentils, beans, chickpeas.

Dairy Products: Milk, yogurt.

Seafood: Salmon, tuna.

Nuts & Seeds: Almonds, sunflower seeds.



Conclusion

Potassium is essential for heart health, muscle function, and fluid balance. A potassium-rich diet helps prevent high blood pressure, muscle cramps, and kidney stones. While most people can get enough from food, supplementation may be necessary in cases of deficiency, but excessive intake should be avoided to prevent hyperkalemia.