



ARCADIA® by

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Potassio 99



Ingredients : Potassium Gluconate, Alga Kelp extract 0.1% iodine, Calcium phosphate, Aroma: mint

Antiagglomerants: Vegetal magnesium stearate, colloidal silica

Food-grade gel capsules: Colorant E171 titanium dioxide

Suggested use: Potassium and iodine supplement, helpful in deficiencies of these trace elements

Recommended dose: 2 caps a day

Packaging size: 520 mg capsules

Potassium is crucial in the metabolism of carbohydrates and of the enzymes of the glycolysis, necessary for the synthesis of ATYPES.

It is essential for:

- the balance of water in the body,
- the muscle contraction,
- the acid-alkaline balance,
- the nervous transmission,
- the energetic metabolism,
- the protein and carbohydrate metabolism,
- the heart and vessels health.

It plays a fundamental role in the protein synthesis, and in the transformation of the sugar in glycogen, it activates a lot of enzymes, especially those connected with the production of energy, it stimulates the insulin secretion.

An increase of ictus and infarct among the populations with a low potassium rate in their diet has been proved. Potassium is very common in nature but manuring, cooking, refining reduce its cellular content, while a diet poor in fruit and vegetables reduces its introduction.

Potassium deficiency can cause hypertension, ictus, extrasystole, heart failure for ventricular fibrillation.

Numerous medicines can cause want of potassium, among which: thiazine diuretics, cortisone, laxatives, liquorice, insulin, glucose infusions without potassium.

Potassium is easily eliminated with food cooking.

Potassium protects the cardiovascular apparatus in many ways:

- reducing the **free radicals**,
- modulating the proliferation of smooth muscle cells, platelet aggregation, blood coagulation.

Addition of potassium are used in heart arrhythmia in the prevention of kidney stones, especially of oxalate calcium. A research done for three years on 64 patients treated with placebo or with magnesium and citrate potassium showed the presence of new stones in 63,65% of the patients treated with placebo against 12,9% patients treated with the addition of potassium and magnesium.