



## Product Information Sheet

### Purple Cushhh Potassium

90 Capsules (2-3 capsules per day with meals)

Assists with Nervousness, Insomnia, Muscular Fatigue,  
Periodic Headaches, Insatiable Thirst, Glucose Intolerance

## Ingredients

### Potassium Chloride, Plantago

Potassium is an electrolyte (a substance which takes on a positive or negative charge when dissolved in the watery medium of the blood stream) found inside the cells of the body. A normal level of this mineral is needed in the body to perform various essential functions.

Potassium helps to regulate blood pressure levels, assists with the transmission of nerve impulses, initiate muscle contractions and regulate the heartbeat. Potassium helps to regulate the blood pressure which could decrease the risk of heart disease and strokes. It assists the body to convert glucose (blood sugar) into glycogen (a stored form of energy). Studies have shown that people with low potassium level s will have a higher blood sugar level which makes them more likely to get Diabetes Type 2.

The ingredient **Potassium Chloride** in Potassium is a mineral supplement used to treat or prevent low amounts of potassium in the blood. It is important that a normal level of this mineral be maintained in the blood in order that the cells, kidneys, heart, muscles and nerves can function properly. Low levels of Potassium may be the result of a disease or a prolonged illness with diarrhoea or vomiting.

The ingredient **Plantago** in Potassium has a wide variety of pharmacological properties. It is anti-inflammatory (blocks the substances that causes inflammation), antipyretic (prevent or reduce fever) and anti-haemorrhagic (promotes stoppage of bleeding). Plantago has diuretic (promotes the increased production of urine) effects on the body which helps the body to get rid of salt and water which reduces the blood pressure. Studies have also shown that Plantago can be useful to stimulate the secretion of insulin and assist with the glycemic (effect that food has on blood sugar level) control reducing the complications of diabetes.

