

K Alkaline & K Alkaline+Mg

SUPPORT FOR HEALTHY ACID-ALKALINE BALANCE

K Alkaline

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%Daily Value
Potassium (as potassium bicarbonate)	200 mg	4%

Other Ingredients: Hypromellose (capsule), L-leucine, silicon dioxide. **Does not contain gluten.**

K Alkaline+Mg

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%Daily Value
Magnesium (as Di-Magnesium Malate [Albion™] & Magnesium Bisglycinate Chelate [TRAACS™])	40 mg	10%
Potassium (as potassium bicarbonate)	150 mg	3%

** Daily Value not established.

Other ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide. **Does not contain gluten.**

K Alkaline+Mg - Powder

Supplement Facts

Serving Size: 5.1 g (approx. 1 scoop)
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Magnesium (as Di-Magnesium Malate)(Albion™)	100 mg	24%
Potassium (as potassium citrate)	1500 mg	32%

Other ingredients: Silicon dioxide. **Does not contain gluten.**

SUGGESTED USE (all products): 1 CAPSULE/1 SCOOP PER DAY, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

Albion™ and TRAACS™ are trademarks of Albion Laboratories, Inc.

- Promotes healthy alkalinity and systemic pH balance.*
- Aids in the optimization of electrolyte balance.*
- Highly absorbable forms of potassium & magnesium.*
- Flexible dosing and delivery formats for different needs.*

To achieve optimum health, the body strives to maintain blood pH within an alkaline 7.4 range. Unfortunately, this task has become increasingly difficult due to the acid-promoting diets and lifestyles prevalent today. Stress, toxins, processed foods, inflammation, and illness itself all contribute to a silent epidemic of chronic, low-grade metabolic acidosis. Acidosis has been associated with many of today's prevalent health concerns, including osteoporosis, heart disease, diabetes, arthritis, and more.

Fortunately, chronic low-grade metabolic acidosis is easily reversible (in most cases), and is both time- and cost-effective to address. Identification of acidosis may be assisted by using Hydrion pH strips to measure the pH values of the first morning urine, several days in a row. An average reading of below pH 6.4 suggests the presence of metabolic acidosis. If acidosis is discovered, correction strategies may include stress reduction, dietary modification (e.g. increase intake of: alkaline-forming fresh fruits, vegetables and green foods; decrease intake of: acid-forming foods such as meat, flour, sugar and processed foods) and the use of alkalinizing nutritional supplements such as Moss Nutrition K Alkaline or K Alkaline+Mg.

K ALKALINE

K Alkaline is a unique potassium bicarbonate supplement designed to help promote and maintain healthy pH levels within the normal range. This product was developed by Dr. Jeffrey Moss in response to research suggesting that: 1) individuals eating diets high in refined carbohydrates and processed foods likely consume significantly less than the suggested 4.7 grams of potassium per day, and 2) many of these individuals also demonstrate suboptimal acid/alkaline balance. To correct these concurrent issues, potassium supplementation has been strongly recommended in the literature. Potassium bicarbonate—the same form of potassium yielded by

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fruits and vegetables after being metabolized by the body—is considered to be one of the most ideal forms of supplemental potassium, and is suggested by research to optimize bone physiology. Each capsule of **K Alkaline** contains 200 mg of potassium as bicarbonate.

K Alkaline is suggested for use by people with significant potassium deficiencies as determined by testing, and is intended to be taken along with additional magnesium in the form of highly absorbable **Magnesium Select™**, which is available from Moss Nutrition in 150 mg vegetarian capsules. Detailed directions for use are outlined in the Moss Nutrition *K Alkaline Literature Packet*, available exclusively to healthcare professionals upon request.

K ALKALINE+MG

This combination formula in capsule form is intended for use by people with minor potassium deficiencies as determined by testing. Each capsule delivers 150 mg of potassium (as bicarbonate) and 40 mg of magnesium in well tolerated, bioavailable forms (malate and glycinate) which are added to the product for two reasons. First, published literature has demonstrated that potassium and magnesium must *both* be present for each to function optimally in various physiologic processes. Second, research suggests that magnesium malate and glycinate chelates offer superior absorption and bioavailability compared to other forms of magnesium, while being less likely to provoke intestinal distress at high levels. While the magnesium levels in **K Alkaline+Mg** capsules are not extremely high, the tolerability advantage will be appreciated by all patients, especially those taking additional supplemental magnesium.

K Alkaline+Mg Powder was introduced to help conveniently support the needs of patients who require higher levels of supplemental potassium. Each scoop contains 1500 mg of potassium as citrate, a well absorbed, non-irritating form that mixes easily in water, and 100 mg of magnesium as malate, researched for helping to promote muscle relaxation.

REFERENCES

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