

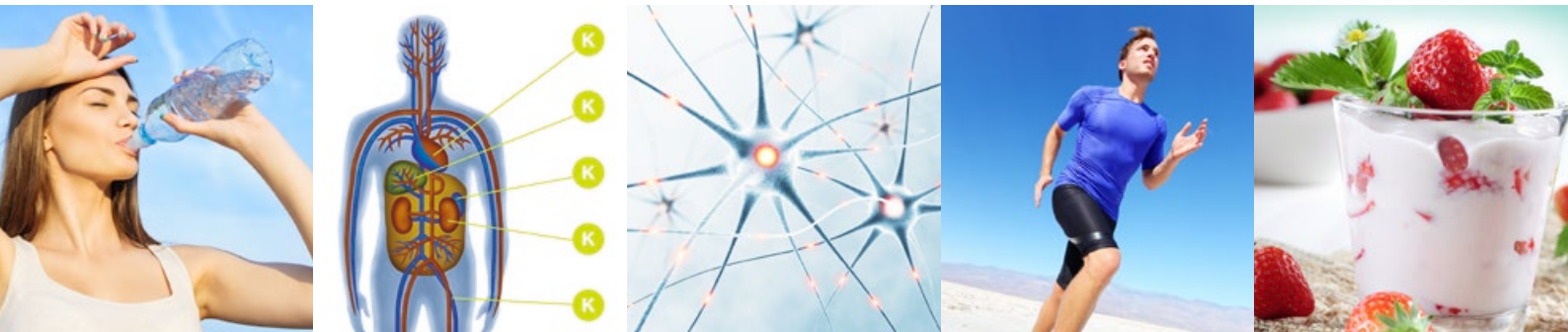


THE MINERAL POTASSIUM

Vital to our Body



The Mineral Potassium – Vital to our Body



The body of an adult contains approximately 130 grams of potassium (K) – with nearly 98% present inside the body's cells. Potassium is one of the most important electrolytes in our body fluids and is necessary for the normal functioning of cells, nerves and muscles. Moreover, it is indispensable for the creation of protein, for glucose transport and also affects the insulin metabolism. Potassium plays an important role in blood pressure regulation, the water balance and the acid-base balance.

Potassium deficiency may produce the following symptoms:

- Fatigue
- Exhaustion
- Amyosthenia
- Constipation
- Impaired consciousness
- Cardiac arrhythmia

Potassium deficiencies may be caused by the following:

- Insufficient potassium intake
- Frequent use of diuretics
- Excessive use of laxatives
- Chronic kidney or gastro-intestinal disorders
- Excessive loss of body fluids or medication
- Magnesium deficiency
- Acidaemia
- Diabetic ketoacidosis

Recommended minimum daily intake

Potassium is one of the essential elements of the body. It is absolutely vital, but cannot be produced by the organism itself. It is therefore necessary to supply potassium as part of the daily diet. The World Health Organization (WHO) suggests a minimum daily intake of 3.5 grams for adults.

High purity products as potassium sources

K+S KALI offers high purity potassium chlorides and potassium sulphates for a great variety of applications in the pharmaceutical and the foodstuffs industry. These products are of natural origin, meet all legal requirements and are certified, in accordance with recognised international standards.

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