PROFESSIONAL FORMULAS

Alka Calm

Clinical Benefits

- Provides All Forms of Highly Absorbable Magnesium and Potassium
- Helps Maintain Healthy Bones, Blood Pressure, Glucose, and Insulin Levels
- Promotes Optimal Glutathione Status and Nervous System Health

Alka Calm is a powdered blend of water-soluble magnesium and potassium designed to quickly restore essential mineral reserves by offering all the naturally occurring Kreb's cycle chelates for maximum absorption. The Kreb's cycle chelates (malate, citrate, ascorbate, lactate, tartrate, aspartate) are formed when magnesium and potassium react in water with vitamin C. As the cofactors that drive our biochemical equations, these essential minerals are required for optimal metabolic function, making bioavailable formulations a must. Unlike most mineral supplements that use just a single mineral chelate, Alka Calm leverages the power of all available chelates to maximize absorption across multiple pathways, boosting its whole-body benefits. Plus, research shows that consuming these essential minerals together in drinking water increases their absorption and bioavailability.[1, 2] Naturally sweetened with stevia and a delightful raspberry lemonade flavor, Alka Calm has proven itself to be a vital component of a variety of protocols.

Magnesium and ***potassium*** are two of the most highly utilized minerals in every cell of the body, and, as such, they are considered vital for life. Studies estimate that 75% of Americans do not meet the recommended dietary allowance of magnesium, while dietary surveys consistently show that people consume much less potassium than recommended.[3, 4, 5]

Supplement Facts

Serving Size: One Level Teaspoon (4.145g)
Servings Per Container: 55

Amount Per Serving		% DV
Vitamin C (as L-ascorbic acid)	75 mg	83%
Vitamin B2 (as riboflavin)	0.01 mg	<1%
Magnesium (as malate/citrate/ascorbate/lactate reacted from magnesium carbonate & citric/ascorbic acids)	200 mg	48%
Potassium (as citrate/malate/ tartrate/aspartate/ ascorbate reacted from potassium bicarbonate & citric/ascorbic acids)	150 mg	3%

† The % Daily Value (DV) is not established.

Other Ingredients: Citric acid, lemon fruit juice powder, malic acid, tartaric acid, natural flavors (raspberry, lemon, and key lime), silicon dioxide, raspberry fruit juice powder, aspartic acid, stevia leaf extract, and fibersol (maltodextrin).

Size: 8 OZ. (226g)

Product Code: MALKA

Vegetarian Formula

Gluten Free

Hypoallergenic

Magnesium is the fourth most abundant mineral in the body.[3] It is used as a cofactor in over 300 enzyme systems, supporting a multitude of metabolic activities.[3, 6, 7, 8] These activities include protein synthesis, DNA and RNA synthesis, cell growth and reproduction, cellular energy production and storage, and the stabilization of mitochondrial membranes.[3, 8, 9, 10, 11, 12] Magnesium is one of the minerals responsible for helping to maintain healthy bone metabolism, blood glucose, and blood pressure.[3, 8, 9, 10, 11, 12, 13, 14, 15] And it also plays a role in the active transport of calcium and ***potassium*** ions across cell membranes, all of which support healthy neuromuscular and cardiac function.[3, 8, 9, 10, 11, 12, 15] Additionally, magnesium is required to produce glutathione, the most powerful antioxidant in the human body.[8]

Potassium is the most abundant intracellular cation, making it a requirement for normal cell function.[5] It is an essential nutrient present in all body tissues, working to support healthy intracellular fluid volume and transmembrane electrochemical gradients, which are especially important for neuromuscular and heart health.[5, 16, 17]

With the waning nutritional content of our foods coupled with our fast-paced, modern lifestyles, supplementing these two necessary minerals has become an essential aspect of supporting our overall health and wellbeing.

Essential Minerals & Cardio Metabolic Health

According to the FDA, "Diets containing foods that are a good source of ***potassium*** and that are low in sodium may reduce the risk of high blood pressure and stroke."[5, 18] And that, "while the evidence is inconsistent and inconclusive, consuming diets with adequate ***magnesium*** may reduce the risk of high blood pressure (hypertension)."[8, 19]

Both ***magnesium*** and ***potassium*** play key roles in glucose and insulin metabolism.[5, 8, 20, 21] Potassium aids normal insulin secretion from pancreatic cells and helps maintain healthy fasting glucose levels, while magnesium supports normal cell signaling, glycogenolysis, and activity of the glucose transporter protein.[3, 20, 21, 22, 23, 24, 25, 26, 27]

Essential Minerals & Bone health

Bone tissue contains 50-60% of the body's ***magnesium***, and studies (including a few clinical trials) show that a combination of magnesium and ***potassium*** are associated with maintaining healthy bone mineral density.[3, 5, 8, 28, 29, 30] While the underlying mechanism is unclear, one hypothesis is that these minerals may contribute to healthy acid-base balance.[5, 31] Diets rich in acid-forming foods, such as meats and cereal grains, contribute to metabolic acidosis.[5] And alkaline minerals, such as magnesium and potassium, may contribute to a healthier acid-base balance.[5] Studies like the Framingham Heart Study have shown that higher potassium intake is associated with significantly greater bone mineral density, and studies examining the DASH diet have shown significantly reduced biochemical markers of bone turnover.[5, 32, 33]

Essential Nutrients & Nervous System Health

Adequate daily intake of ***magnesium*** and ***potassium*** are critical for a balanced stress response.[34] And studies show that magnesium status is highly associated with our subjective sense of wellbeing.[34, 35, 36] While the exact role of magnesium in our perception of wellness is yet to be determined, potential mechanisms include the glutamatergic, serotonergic, and adrenergic neurotransmitter systems, as well as several neuro-hormones.[34] Both magnesium and potassium help maintain balanced neuronal signal transduction and protect against the effects of high stress.[36, 37]

Recommended Dosage
As a nutritional supplement, take 1 teaspoon twice daily, or as directed by your healthcare professional.

Does Not Contain
Wheat, gluten, dairy, peanuts, tree nuts, egg, artificial colors, sweeteners, or preservatives.

Caution
Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications. Keep out of the reach of children.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Citations

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