

**Muscle**  
Potassium helps keep your muscles healthy by working at the cellular level to repolarize the cells of your muscles, helping to repair them faster and more efficiently.

**Bone**  
Potassium neutralizes the effects of bone-depleting metabolic acids. These acids "eat away" at the bone, much like acid rain eats away at a limestone statue.



**Brain**  
According to the Journal of the American College of Cardiology, adding just 1600 mg of potassium a day to your diet can lower your risk of stroke by 21%.



**Heart**  
Potassium helps to lower blood pressure by balancing out the negative effects of salt. An increase in potassium intake along with a decrease in sodium is the most important dietary change a person can make to reduce their risk of cardiovascular disease.

