

Wendy I thought I would pass this message regarding potassium to you from Dr. Carlos Madero. I had a customer ask how much potassium was in Juice Plus+ as her mother was just diagnosed with having too much potassium in her system. From his answer her mother would have no problem taking it!

Hi Bernadette!

The recommended adult ration of Juice Plus+® (capsules or Chewables) provides approximately 45 milligrams of potassium. Vineyard Blend provides approximately 30 milligrams of potassium. To put this in perspective, the recommended intake of potassium (in a healthy individual of course) is 3,500 mg a day.

Best regards,

Carlos F. Madero, Ph.D.

Director, Technical Support

NSA, the maker of Juice Plus+®

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