With summer here increased physical activity and sweating can deplete important electrolytes

With summer heat here people can easily enter the danger zone of dehydration and the loss of important minerals called electrolytes, namely, potassium, magnesium, calcium, chloride, and sodium. These minerals in equilibrium play an important role in the production of cellular energy. Through physical activity and sweating, electrolyte minerals can be rapidly depleted causing fatigue, nausea, muscle pain, heart palpitations, faintness, and in extreme conditions heart failure.

In a complicated and delicate dance, electrolyte minerals balance themselves in and out of cellular membrane, and in turn, become electrically charged to provide the important spark of energy our trillions of cells need to function.

Potassium is one of the most important electrolytes with its main role being to maintain the integrity of cell walls. It does this along with sodium: potassium stays within the cell wall and keeps sodium outside the cell. It's second main function is to support magnesium's activities within muscles and heart function.

Water retention, weight loss and kidney function:
Retaining water can add to the feeling of being over-weight and bloated. Losing the puffy, swollen feeling of water retention will happen naturally as one's diet switches from simple carbohydrates to more potassium-rich vegetables. Also, as one consumes more water as part of a weight lose plan, the kidneys may need the nutritional support potassium can provide. Potassium helps the body balance water in and out of cells by keeping sodium outside the cell wall where it belongs. Potassium-rich vegetables and supplements will help elevate water retention and reduce edema during hot weather.

POTAS is a source of potassium, a main electrolyte mineral found in intracellular fluid. In addition to providing potassium, Potas is an all-herbal base formula containing kelp plant, dulse plant, alfalfa herb, horseradish root, white cabbage leaf, and thyme herb.
- Provides 36 mg of potassium citrate.
- An electrolyte supplement for the maintenance of good health.
- Formulated in an all-herbal base.

August 1st -31st

<table>
<thead>
<tr>
<th>Promo#</th>
<th>Description</th>
<th>PV</th>
<th>Mgr.</th>
<th>Assoc. 20%</th>
<th>PC 10%</th>
<th>Retail</th>
</tr>
</thead>
<tbody>
<tr>
<td>P617004</td>
<td>Potas (15%)</td>
<td>21.31</td>
<td>18.11</td>
<td>20.71</td>
<td>23.29</td>
<td>25.88</td>
</tr>
<tr>
<td>P617032</td>
<td>Potas (x4)</td>
<td>63.93</td>
<td>63.93</td>
<td>73.08</td>
<td>82.20</td>
<td>91.35</td>
</tr>
</tbody>
</table>

Not valid with any other promotion. Items may change without notice.