

# Is 200 mg of potassium supplement too much

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In the United States, the Food and Drug Administration (FDA) does not regulate supplements the way it regulates prescription drugs. That means some supplement products may not contain what the label says. When choosing a supplement, look for third-party tested products and consult a healthcare provider, registered dietitian nutritionist (RD or RDN), or pharmacist.

The FDA has approved the following health claim relating to potassium: “Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.”

The health benefits of potassium include blood pressure regulation, blood glucose management, and bone health. You can usually get enough of it from your diet, and potassium deficiency is rare.

Always speak with a healthcare provider before taking a supplement to ensure that the ingredients and dosage are appropriate for your individual needs.

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