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Beyond Bananas: Potassium Supplements

Found in avocados, milk, almonds, potatoes, and, yes, bananas, potassium is an essential mineral that is critical to heart function. Although it is possible to get plenty of potassium from a healthy diet, most Americans do not get the recommended amount of 4700 milligrams a day, and low potassium leads to high blood pressure and heart disease. Health care providers may prescribe supplements for heart patients who have a serious deficiency, but the salty taste can be hard to stomach.

In a recent discussion on **Inspire**, our online support community, several women shared their experiences with potassium supplements, whether in pills, liquid, powder, or tablets. Many had trouble swallowing the "horse pills" and switched to liquid as an alternative. The liquid formula comes unflavored or sweetened, but the general consensus was that, no matter what flavor, it was best to take it quick and then follow it up immediately with a glass of cranberry or grapefruit juice to mask the unpleasant taste (check with your doctor or pharmacist to make sure that grapefruit juice won't cause adverse reactions with any of your medications). One contributor was thinking about sucking on a slice of lime afterwards as if she had just had a shot of tequila!