

# Potassium (K) Humans    Version 1.1    24 February 2013

**Acknowledged copying is allowed & quoting is encouraged.**

Potassium performs key functions in the body. We all know about the 'essential minerals' required for the body, and potassium is one of them. It performs a range of functions. Its most important ones are maintaining the rhythm of the heart, controlling the nerve impulses and muscles, so we can see that it is important to maintain optimum levels in our body. In New Zealand this may not mean taking any because fertiliser companies charge \$800 a tonne so like selling plenty and talk many farmers into applying too much. A lack of LimeMagPlus (Read Elements > Calcium) aggravates the excess potassium and creates imbalances.

## **Normal potassium levels**

Potassium levels should be between 3.5 and 5.0 mEq/L.

The symptoms of low potassium levels include abnormal heart rhythms (known as dysrhythmias), a breakdown of muscle fibres (known as rhabdomyolysis), fatigue, muscle weakness and constipation.

To correct these you can get potassium supplements as recommended by your health specialist, or consume foods rich in potassium. See below.

It is important to get any deficiency diagnosed early because a severe drop in your potassium level in blood can be fatal.

## **Sources**

Potassium sources include bananas, vegetables, avocados and ground sunflower seeds.

Vaughan Jones  
Agricultural consultant & journalist  
GrazingInfo Ltd