

BodyBio Liquid Potassium

Ideal for Fluid Balance, Nerve Signaling, and Adrenal Health

BodyBio Liquid Potassium delivers a low-dose, highly bioavailable form of this essential macromineral to support nerve transmission, muscle contraction, and cellular fluid balance—ideal for patients with fatigue, dehydration, or fluid imbalance.*

AVAILABLE FORMAT:

2oz Glass Bottle
with Dropper



BENEFITS

Regulates Intracellular Fluid Balance

Critical for maintaining hydration and osmotic equilibrium across cell membranes.*

Kidney Function and Electrolyte Filtration

Potassium plays a key role in renal sodium excretion and fluid balance, helping the kidneys filter waste efficiently and maintain electrolyte homeostasis.*

Regulates Blood Pressure

By counteracting sodium's effects, potassium supports vascular tone and fluid balance, contributing to healthy blood pressure regulation in normotensive and hypertensive individuals.*

Supports Neuromuscular Signaling

Facilitates proper nerve transmission and muscle contraction by maintaining membrane potential.*

Stress Recovery and Adrenal Balance

Chronic stress depletes key electrolytes like potassium—restoring levels may support adrenal function, calm the nervous system, and improve resilience to physical and emotional stressors.*

TRUST POINTS

BodyBio Liquid Potassium is formulated with just a few active ingredients: potassium chloride, sodium from sea water, and ionic sea mineral concentrate in a pure, liquid base with no unnecessary fillers or flavors. This clean, minimalist formulation ensures optimal bioavailability and tolerability, especially for pediatric, geriatric, or sensitive patients.

Each batch is third-party tested for potency and purity, and manufactured in a cGMP-certified facility. The liquid format allows for flexible, drop-by-drop dosing, making it easy to individualize protocols.

EVIDENCE

Adrenal-Renal Axis

This image illustrates how plasma potassium levels influence kidney function and blood pressure through the adrenal-renal axis. Low dietary potassium activates the sodium-chloride cotransporter (NCC) via the WNK kinase pathway, increasing sodium retention and raising blood pressure—even when sodium intake is high.

In contrast, high potassium intake stimulates aldosterone, promoting potassium excretion (kaliuresis) and reducing NCC activity, which allows more sodium excretion (natriuresis) and helps lower blood pressure. This feedback loop shows potassium's essential role in electrolyte balance and cardiovascular regulation.

ABBREVIATIONS:

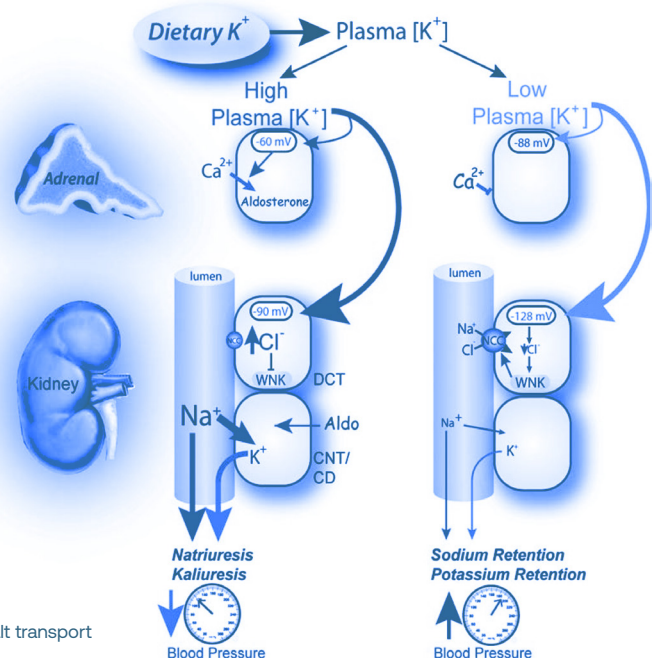
Aldo – Aldosterone

WNK – A family of kinases that regulate salt transport

NCC – Sodium-chloride cotransporter

DCT – Distal convoluted tubule

CNT/CD – Connecting tubule/collecting duct



Chan, R. J., Parikh, N., Ahmed, S., Ruzicka, M., & Hiremath, S. (2024). Blood pressure control should focus on more potassium: Controversies in hypertension. *Hypertension*, 81(3), 501–509.

APPLICATIONS

Regulate Hydration and Fluid Balance

Balances high sodium intake or low-carb diets (e.g., ketogenic diet), which can deplete potassium and disrupt hydration.*

Renal Support and Electrolyte Clearance

Useful for individuals with compromised kidney filtration, fluid retention, or those taking medications (e.g., NSAIDs or diuretics) that disrupt electrolyte balance.*

Support Blood Pressure Regulation

Useful in normotensive and hypertensive individuals, potassium helps offset sodium retention, promote vascular relaxation, and support healthy blood pressure through its effects on renal sodium handling and vascular tone.*

Improve Muscle Signaling

Relieves muscle cramps and fatigue in patients with low potassium from diuretics, poor dietary intake, or

chronic sweating.*

Adrenal and Stress Recovery Support

Ideal for individuals experiencing chronic stress or autonomic imbalances, including dysautonomia. Potassium helps restore intracellular electrolyte balance, support adrenal hormone signaling, and stabilize nervous system activity—enhancing stress resilience and recovery.*

SCIENTIFIC RATIONALE

Hydration Regulation and Membrane Potential Maintenance

As the principal intracellular cation, potassium counterbalances extracellular sodium to control osmotic gradients and intracellular fluid volume. This also maintains the resting membrane potential required for skeletal and cardiac muscle excitability.*

Renal Sodium Excretion and Filtration Efficiency

Potassium promotes sodium excretion in the distal nephron, enhancing renal filtration and supporting electrolyte clearance, fluid regulation, and overall kidney function.*

Antihypertensive Effects

Potassium may lower blood pressure via natriuresis (process by which the kidneys excrete excess sodium into the urine), sodium-potassium ATPase activation, endothelial vasodilation, and improved baroreflex sensitivity, all of which contribute to vascular relaxation and blood pressure regulation.*

Neuromuscular Excitability and Signal Transmission

Potassium ions are essential for maintaining the membrane potential required for nerve impulse transmission and muscle contraction. During action potentials, potassium efflux restores resting potential after depolarization, ensuring proper repolarization in nerve and muscle cells. Inadequate potassium impairs this cycle, leading to muscle cramps, weakness, and nerve dysfunction.*

Adrenal Signaling and Stress Resilience

Potassium is essential for maintaining intracellular electrolyte homeostasis, which influences aldosterone secretion. During periods of chronic stress, elevated aldosterone increases urinary potassium excretion, potentially impairing cellular hydration, neuromuscular signaling, and adrenal regulation. Replenishing potassium supports fluid balance, stabilizes vascular tone, and enhances the body's ability to adapt to stressors.*

SUGGESTED USE

As a mineral supplement, add 1.75 mL in water or beverage of choice daily, or as directed by a healthcare practitioner.

SUPPLEMENT FACTS

Serving Size: 1.75 mL (35 drops)
Servings: About 33

Amount Per Serving	
Sodium (from seawater)	65mg
Postassium (as potassium chloride)	99mg
Ionic Sea Minerals Concentrate	375mg

Other ingredients: Purified water, non-GMO citric acid.

SCAN QR CODE
FOR REFERENCES

