Electrolytes – What You Need to Know

Electrolytes are minerals present within the bloodstream and other bodily fluids that carry an electric charge. When dissolved in water, electrolytes conduct electricity, which is essential for several functions within the body.

Calcium

- Most plentiful mineral in the body
- Influences muscle contractions, sends & receives nerve impulses, helps maintain a regular heart beat and effects levels of hormones and other chemicals

Chloride

- Responsible for maintaining a healthy balance of bodily fluids
  - Major influence on hydration

Magnesium

- Over 300 different jobs within the body
- Supports nerve function, helps in muscle contractions, strengthens immune system, maintains regular heart beat and regulates the use of nutrients to produce energy

Phosphorous

- Second to calcium in abundance in human bodies, present in every cell in the body
- Vital in the production of an important energy source/muscle fuel (ATP), aids muscle contraction, nerve conduction, regular heartbeat, and normal kidney function

Potassium

- Much of its purpose is to support the function of smooth muscles (heart and digestive system)

Sodium

- Supports nerve impulses, stimulates muscle contraction, controls blood pressure and blood volume