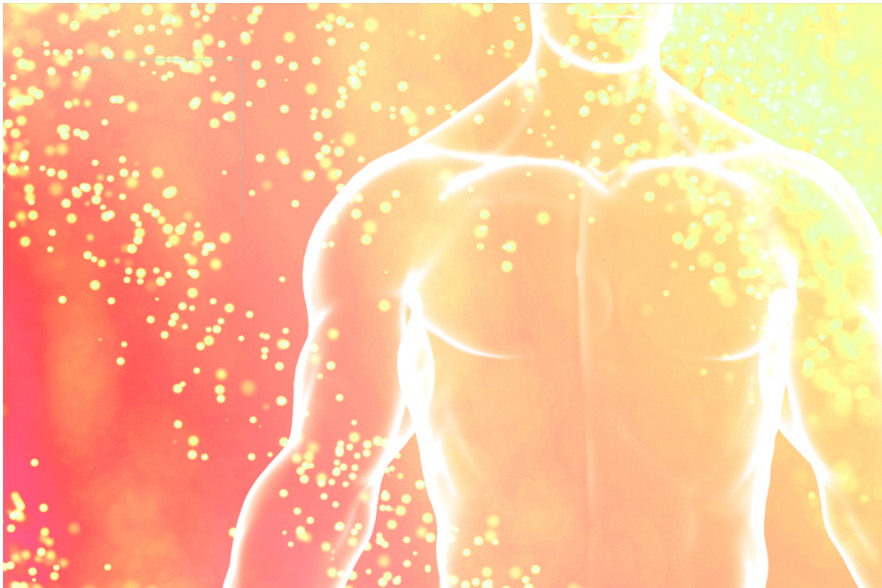




Electrolytes



Overview

These are minerals that contain an electrical charge. They dissolve in water. In your body, we find them in your blood, sweat, urine and other fluids. They affect many things. They're used in chemical reactions in your body. They affect nerves and muscles. And they help balance fluids in your cells. Some examples of electrolytes include calcium, potassium and sodium.

How we get them

What are some good sources of electrolytes? You can eat spinach, broccoli, potatoes, beans and nuts. Sports drinks contain them, too. These drinks are made to replace the electrolytes you lose when you sweat. It's important to know that drinking plain water will not give you electrolytes.

Electrolyte imbalance

Sometimes your electrolyte levels may get out of balance. It can happen after a hard workout. It can happen if you lose a lot of body fluids. When this happens, your body doesn't work the way it should. You can have things like muscle cramps, weakness and fatigue. Your heart may beat irregularly. You can have confusion, vomiting and seizures. This can be fatal.

Conclusion

For more info about the role electrolytes play in your health, talk to your doctor.

