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Electrolytes are electrically charged compounds that are essential to the cells in your body. Electrolyte levels are often used to help diagnose medical conditions.

Electrolytes are minerals found in blood and sweat with a negative or positive charge. Eating electrolyte foods supports your brain and muscle function.

"Electrolyte" is the umbrella term for particles that carry a positive or negative electric charge. In nutrition, the term refers to essential minerals in your blood, sweat, and urine.

Electrolytes are charged minerals like sodium, potassium, and magnesium that help your body with things like hydration, muscle function, and focus. 1 While they're essential for ...

If a high proportion of the solute dissociates to form free ions, the electrolyte is strong; if most of the solute does not dissociate, the electrolyte is weak.

If the electrolyte concentration is high, fluid moves into that compartment (a process called osmosis). Likewise, if the electrolyte concentration is low, fluid moves out of that compartment.

Electrolyte, substance that conducts electric current as a result of dissociation into positively and negatively charged particles called ions.

For most people, a balanced diet with plenty of fruits, vegetables, whole grains, lean proteins, and adequate fluids is enough to maintain healthy electrolyte levels.

Electrolyte products, often sold as powders or sports drinks, are designed to help the body replenish its electrolytes. These drinks and powders generally contain carbohydrates ...

A variety of hormones help the kidneys regulate electrolyte concentrations in the body. Serum in the bloodstream is what is left after the red blood cells, white blood cells, and ...

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