

## — Electrolytes

Electrolytes are electrically charged minerals that are found in body tissues and blood in the form of dissolved salts. They help move nutrients into and wastes out of the body's cells, maintain a healthy water balance, and help stabilize the body's pH level. The electrolyte panel measures the main electrolytes in the body: sodium (Na<sup>+</sup>), potassium (K<sup>+</sup>), chloride (Cl<sup>-</sup>), and bicarbonate (HCO<sub>3</sub><sup>-</sup>; sometimes reported as total CO<sub>2</sub>).

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