

## — 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>).

Hide

## Electrolytes

— POTASSIUM  
(mmol/L)

4.3

Range: 3.4-4.8

### POTASSIUM

(mmol/L)

Potassium is a mineral that the body needs to work normally. It helps nerves and muscles communicate. It also helps move nutrients into cells and waste products out of cells. A diet rich in potassium ... [See more](#)

