

## — 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 ... [See more](#)

### Electrolytes

— CALCIUM, IONIZED  
(mg/dL)

5.1

Range: 4.7-5.5

#### CALCIUM, IONIZED

(mg/dL)

You have more calcium in your body than any other mineral. Calcium has many important jobs. The body stores more than 99 percent of its calcium in the bones and teeth to help make and keep them strong. ... [See more](#)

