



Electrolytes (Alkaline Minerals) in Drinking Water

Sodium, Potassium, Chloride, Magnesium

EDUCATIONAL SERIES 1

Potassium, sodium and chloride are key electrolyte minerals, **helping keep the amount of water in the body in balance**. zazen Alkaline Water contains a complete and balanced range of alkaline minerals including these 3 important electrolytes. The minerals in zazen Water serve two essential purposes 1) to aid absorption; enhancing cellular hydration and 2) the creation of alkaline water naturally.

WHAT IS AN ELECTROLYTE?

An electrolyte is a mineral that **dissolves in water and carries an electrical charge**. (They are also referred to as alkaline minerals and mineral salts). Now, there are all kinds of electrolytes, but the most important ones are: **Sodium, chloride, potassium, bicarbonate, calcium, and phosphate**. Your kidneys have specific transporters to regulate the concentration of each of these electrolytes in your blood.

Since the body is mostly made up of water (75% of the body and 91% of the brain), electrolytes are found everywhere in the body – inside the cells, in the spaces between cells, in the blood, in lymph glands and everywhere else. When you sweat, you lose fluids and electrolytes.

ELECTRICAL CHARGES

Sodium has a positive charge, as does potassium, while chloride has a negative charge. **Because electrolytes have electrical charges, they can move easily back and forth through cell membranes. This is important because as they move into a cell, they carry other nutrients in with them and as they move out of it, they carry out acidic metabolic waste products and excess water.** Note: Magnesium is used in nearly every bodily function - it is considered our master mineral! Most of us need additional magnesium.

BODY FLUIDS KEPT IN BALANCE

To keep body fluid levels in balance, your cells need to have a lot of potassium inside them and a lot of sodium in the fluids outside them. To keep the balance, sodium and potassium constantly move back and forth through the cell membranes.

Sodium easily combines with other elements and is necessary to make hydrochloric acid – the powerful digestive juice inside your stomach that breaks foods down to enable it to be digested and absorbed. As the electrolytes are absorbed water follows. Sodium also minimizes urination. When you're drinking zazen Water, the liquid will stay in your body longer, giving it more time to get absorbed, which will get you back into balance (hydration) quicker!

SUMMARY

All three electrolytes – sodium, potassium and chloride – **help keep the amount of water in the body in balance**, carry impulses along the nerves, help make muscles contract and relax and keep the body from becoming too acidic or alkaline.

Electrolyte/Minerals	zazen water*
Sodium mg/l	59
Potassium mg/l	32
Chloride mg/l	79
Magnesium mg/l	28
Calcium mg/l	40
Silica mg/l	10

*A sample of the minerals found in zazen Water



"..minerals in drinking water are more easily absorbed than minerals in food"

Pauline Roberts PhD BSc.
Scientific Researcher & Naturopath

DISCLAIMER

The information contained in this document is for educational purposes only and the opinions of the author. We recommend that you complete your own research prior to making any decisions. No claims or otherwise are made as to the health benefits of any product.

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