

Electrolyte Essentials

by ChiroNutraceutical



About Electrolytes

Electrolytes are essential to overall health. They are found throughout the human body in the blood, sweat, and urine and they play a vital role in everything from fluid balance to heart health and brain function.

Symptoms of Electrolyte Deficiency

- Fatigue
- Muscle Weakness
- Headache
- Constipation
- Heart Palpitations
- Dry Mouth
- Mood Change
- Numbness
- Irritability
- Confusion

Your body closely regulates electrolyte levels in the blood. However, electrolyte levels can become disrupted, and electrolyte levels can become lower. Conditions that may cause low electrolyte levels include:

- Poor Diet
- Dehydration
- Sweating, Vomiting, Diarrhea
- Diuretics (water pills), Laxatives, Excessive Urination

About the Formula

Vitamin D3

Vitamin D3 is known for its vital role in bone health, but also supports the immune system keeping you protected against illness.

Calcium

Humans need calcium to build and maintain healthy bones, and 99% of the body's calcium is in the bones and teeth. It is also necessary for maintaining healthy communication between the brain and other parts of the body. It plays a role in muscle movement and cardiovascular function.

Phosphorus

Phosphorus helps your nerves and muscles do their jobs. It is a buffer that keeps the pH level in your blood balanced. Phosphorus also helps you turn fat, carbs, and protein into energy.

Magnesium

Magnesium is a mineral that is crucial to the body's function. Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady. Experts say that many people in the U.S. are not eating enough foods with magnesium. Adults who get less than the recommended amount of magnesium are more likely to have elevated inflammation markers. Inflammation, in turn, has been associated with significant health conditions such as heart disease, diabetes, and certain cancers. Also, low magnesium appears to be a risk factor for osteoporosis.

Chloride

Chloride helps regulate the amount of fluid in your body and is needed in the transmission of nerve impulses and the formation of digestive juices. Chloride also helps maintain your body's pH.

Sodium

Sodium is needed for blood regulation and routine bodily function. It regulates bodily fluids and increases your body's water conservation. If you are thirsty, oftentimes, your sodium levels are low. Sodium is also involved in the transmission of nerve signals.

Potassium

Potassium is one of the critical minerals in your body and is often considered an essential nutrient. Potassium plays a vital role in your energy levels, muscle strength and muscle maintenance, blood pressure and cardiovascular health, prevention of muscle cramps, blood sugar stabilization, bone health, elevated metabolism, body fluid regulation, and stress and anxiety reduction.

Boron

Boron has been shown to aid blood sugar regulation, reduced inflammation levels, healthy cholesterol levels, hormone regulation, joint health, bone health, and skin health.

Piperine

Piperine, also known as black pepper extract, helps increase the absorption of nutrients and chemicals in the intestine, is thought to help break down fat cells, and block the formation of adipocytes (fat cells).

**To see if Electrolyte Essentials is right for you,
please speak with the doctor or staff!**