

MAJOR MINERALS

Chloride

Chloride is an essential mineral and an electrolyte that is found in the human body.

It is an anion, meaning it carries a negative electric charge, and it is one of the ions that make up table salt (sodium chloride).

Chloride is obtained through the diet, primarily in the form of sodium chloride (table salt) and other salts. It is often found naturally in various foods and can also be added to foods during processing. While chloride is essential for health, excessive intake of sodium chloride (common salt) can lead to health issues, particularly in relation to high blood pressure. Chloride levels in the blood are typically regulated by the kidneys, which help maintain the proper balance of electrolytes in the body.

Some benefits include:

Fluid Balance

Chloride, along with sodium and potassium, helps regulate the balance of fluids inside and outside of cells.

Muscle Contraction

Sodium is involved in muscle contraction. It helps generate action potentials, which initiate muscle contractions.

Digestion

Chloride is a component of hydrochloric acid (HCl), which is produced by the stomach.

Acid-Base Balance

Chloride is involved in maintaining the body's acid-base balance (pH). It helps in the transport of carbon dioxide.

RDA

Adults - 3.1 g mg per day

Be mindful of your sodium intake, excessive intake of sodium can lead to health issues.

