

MAJOR MINERALS

Sodium

Sodium is a chemical element with the symbol “Na” and atomic number 11.

It is an essential mineral and one of the alkali metals found in Group 1 of the periodic table. Sodium plays a vital role in various biological and physiological processes within the human body.

Dietary Sources: The primary dietary source of sodium is table salt (sodium chloride), which is added to many processed and prepared foods. Sodium is also naturally present in various foods.

Role in the Body: Sodium is a key electrolyte that helps maintain the balance of fluids inside and outside of cells. It is essential for several physiological functions, including maintaining proper nerve function and muscle contraction.

Some benefits include:

Fluid Balance

Sodium, along with other electrolytes, helps regulate the balance of fluids both inside and outside of cells.

Muscle Contraction

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

Blood Pressure Regulation

Sodium, in conjunction with other factors like potassium, can influence blood pressure.

Nutrient Transport

Sodium is involved in the transport of various nutrients, such as glucose and amino acids, across cell membranes.

RDA

Adults < 2.5g per day

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

