

# Which description accurately describes electrolytes

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Corey Whelan is a freelance writer and reproductive health professional who specializes in health and wellness content. She's a science nerd, but her heroes span the gamut from Temple Grandin to her mom. Corey's work is featured in multiple media outlets, including CBS Local, Cinch, Care , and Reader's Digest. She shares her life in Brooklyn, NY, with two all-grown-up, fantastic children and a couple of wacky shelter dogs.

Ariane Lang, RD, MBA, is a freelance health and nutrition writer based in San Jose, Costa Rica. She holds a bachelor's degree in nutrition & dietetics and a master's degree in business administration. She's spent most of her career educating her patients and clients on leading a balanced lifestyle. Check out her social media on LinkedIn and Twitter to connect.

Jacquelyn has been a writer and research analyst in the health and pharmaceutical space since she graduated with a degree in biology from Cornell University. A native of Long Island, NY, she moved to San Francisco after college, and then took a brief hiatus to travel the world. In 2015, Jacquelyn relocated from sunny California to even sunnier Gainesville, FL, where she owns 7 acres and more than 100 fruit trees. She loves chocolate, pizza, hiking, yoga, soccer, and Brazilian capoeira. Connect with her on LinkedIn.

These electrolytes are required for various bodily processes, including proper nerve and muscle function, maintaining acid-base balance and keeping you hydrated.

Electrolytes are minerals that carry an electric charge. They're found in your blood, urine and sweat and are vital to specific processes that keep your body functioning as it should.

These signals are called nervous impulses, and they're generated by changes to the electrical charge of the nerve cell membrane (6).

The electrolyte calcium is needed for muscle contraction (7).

Water must be kept in the right amounts both inside and outside each cell in your body (8).

## Which description accurately describes electrolytes

Osmosis is a process where water moves through the wall of a cell membrane from a dilute solution (more water and fewer electrolytes) toward a more concentrated solution (less water and more electrolytes).

This prevents cells from bursting from being too full or shriveling up due to dehydration (9).

To stay healthy, your body needs to regulate its internal pH (10).

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