

Which description accurately describes electrolytes

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Title: Which description accurately describes electrolytes

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What does electrolyte mean in nutrition?

"Electrolyte" is the umbrella term for particles that carry a positive or negative electric charge. In nutrition, the term refers to essential minerals in your blood, sweat, and urine. When these minerals dissolve in a fluid, they form electrolytes -- positive or negative ions in metabolic processes. Electrolytes found in your body include:

How do electrolytes affect the body?

Electrolytes are minerals in your blood and other body fluids that carry an electric charge. Electrolytes affect how your body functions in many ways, including: You lose electrolytes when you sweat. You must replace them by drinking fluids that contain electrolytes. Water does not contain electrolytes. Common electrolytes include:

Why are electrolytes important?

Electrolytes are minerals that carry an electrical charge when dissolved in water. They're vital for your nervous system, muscles and maintaining an optimal body environment. Most people meet their electrolyte needs through a balanced diet, though imbalance may occur if you're dehydrated due to illness or excess heat.

Do you need electrolytes from your diet?

You need adequate electrolytes from your diet to keep your body healthy. "Electrolyte" is the umbrella term for particles that carry a positive or negative electric charge. In nutrition, the term refers to essential minerals in your blood, sweat, and urine.

Overview
What Are Electrolytes?
Needed to Maintain Vital Body Functions
Electrolyte Imbalances Are Bad for Your Health
Do You Need More Electrolytes If You Sweat a Lot?
Dietary Sources of Electrolytes
Should You Supplement Your Diet With Electrolytes?
The Bottom Line
Electrolytes are minerals that carry an electrical charge when dissolved in water. They're vital for your nervous system, muscles and maintaining an optimal body environment. Most people meet their electrolyte needs through a balanced diet, though imbalance may occur if you'r...
If you suspect you have an electrolyte imbalance, speak with your doctor.
See more on healthline
Author: Helen West, RD
#b_results .b_vidAns{border-radius:6px;box-shadow:0 0 0 1px rgba(0,0,0,.05);padding:16px 20px;gap:10px;background:#fff}@charset "UTF-8";#b_results .b_ans.b_vidAns{box-shadow:none!important;padding:var(--smtc-gap-between-content-medium) 0!important;background:var(--bing-smtc-background-ctrl-fade-on-image-stop-0)}#b_results .b_ans.b_vidAns

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#serpvidans.vsacf .mc_vtvc,#b_results .b_ans.b_vidAns #serpvidans.vsacf .mc_vtvc_th,#b_results
.b_ans.b_vidAns #serpvidans.vsacf .cico,#b_results .b_ans.b_vidAns #serpvidans.vsacf
.mc_vtvc_htb,#b_results .b_ans.b_vidAns #serpvidans.vsacf .vrhc,#b_results .b_ans.b_vidAns
#serpvidans.vsacf .vrhcp,#b_results .b_ans.b_vidAns #serpvidans.vsacf .vrhtc,#b_results .b_ans.b_vidAns
#serpvidans.vsacf .vrhtpc{border-radius:var(--mai-smtc-corner-list-card-default)}#b_results .b_ans.b_vidAns
#serpvidans.vsacf .mmlist .mc_vtvc,#b_results .b_ans.b_vidAns #serpvidans.vsacf .mmlist .mc_vtvc
.mc_vtvc_meta{margin:0}#b_results .b_ans.b_vidAns #serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_channel,#b_results .b_ans.b_vidAns #serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_row_channel{color:var(--smtc-foreground-content-neutral-primary)}#serpvidans.vsacf,#serpv
idans.vsacf .expctn .expbody,#serpvidans.vsacf
.mmlist{display:flex;flex-direction:column;gap:var(--smtc-gap-between-content-medium)}#serpvidans.vsacf
.cico{height:auto}#serpvidans.vsacf .mc_vtvc_ban_lo{top:0;right:auto}#serpvidans.vsacf .mc_cwvc .mc_vtvc
.mc_vtvc_meta,#serpvidans.vsacf .mmlist .mc_vtvc
.mc_vtvc_meta{height:auto;padding:var(--smtc-gap-between-content-xx-small) 0
var(--smtc-gap-between-content-xx-small)
var(--smtc-gap-between-content-medium);display:flex;flex-direction:column;justify-content:space-between}#
serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_title,#serpvidans.vsacf .mmlist .mc_vtvc
.mc_vtvc_meta
.mc_vtvc_title{color:var(--smtc-ctrl-link-foreground-brand-rest);font:var(--bing-smtc-text-global-body2);heig
ht:auto;display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical}#serpvidans.vsacf .mc_cwvc
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area,#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block{display:flex;flex-direction:column;gap:var(--smtc-padding-ctrl-text-side)}#serpvidans.
vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area .mc_vtvc_meta_row,#serpvidans.vsacf
.mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row,#serpvidans.vsacf .mmlist
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area .mc_vtvc_meta_row,#serpvidans.vsacf .mmlist
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row
.mc_vtvc_meta_row{color:var(--smtc-foreground-content-neutral-primary);height:var(--mai-smtc-padding-car
d-default);font:var(--bing-smtc-text-global-caption1)}#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_row .mc_vtvc_meta_row_channel::before,#serpvidans.vsacf
.mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row
.mc_vtvc_meta_row_channel::before,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_row .mc_vtvc_meta_row_channel::before,#serpvidans.vsacf
.mmlist .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row
.mc_vtvc_meta_row_channel::before{content:" . "}"#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block
.mc_vtvc_meta_pubdate{color:var(--bing-smtc-foreground-content-neutral-tertiary);padding-bottom:0}.vsacf
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.mc_cwvc .mc_vtvc_con_rc,.vsacf .mmlist .mc_vtvc_con_rc{display:flex}.vsacf .mc_cwvc .mc_vtvc_con_rc
.mc_vtvc_meta_w,.vsacf .mmlist .mc_vtvc_con_rc .mc_vtvc_meta_w{height:auto}.vsacf
.b_title{padding-left:0}.vsacf .b_title
.mmttitle{font:var(--bing-smtc-text-global-subtitle1-strong);margin-bottom:0}.vsacf .b_title .mmttitle
a::after{content:"";margin:5px 5px 0 0;border-top:2px solid
var(--smtc-foreground-content-neutral-primary);border-right:2px solid
var(--smtc-foreground-content-neutral-primary);background-size:7px
7px;width:7px;height:7px;transform:rotate(45deg);display:inline-block;margin-left:4px}#serpvidans.vsacf
.b_title .mmttitle{margin-bottom:0}#serpvidans.vsacf .b_title .mmttitle
a{color:var(--smtc-foreground-content-neutral-primary)}#serpvidans.vsacf
.mc_cwvc{width:100%;margin-bottom:var(--smtc-gap-between-content-x-small)}#serpvidans.vsacf
.mc_cwvc .mc_vtvc{box-shadow:none}#serpvidans.vsacf .mc_cwvc .mc_vtvc
.mc_vtvc_meta{height:100%;padding:var(--smtc-gap-between-content-x-small) 0
var(--smtc-gap-between-content-x-small)
var(--mai-smtc-padding-card-default);background:var(--bing-smtc-background-ctrl-fade-on-image-stop-0)}#s
erpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_title{font:var(--bing-smtc-text-global-body1)}#serpvidans.vsacf .cardless.mmlist
.mc_vtvc_con_rc,#serpvidans.vsacf .cardless.mmlist .mc_vtvc_th{height:auto}#serpvidans.vsacf
.vsb_tr_c.va_tt{margin:0}#serpvidans.vsacf .vtbc .mv_vtvc_play,#serpvidans.vsacf .vtbc
.mv_vtvc_play_ext{position:static}#serpvidans.vsacf .va_tt
.mc_vtvc_ban_lo{display:block}#serpvidans.vsacf
.mc_bc{width:auto;border-radius:var(--smtc-ctrl-badge-sm-corner);padding:var(--smtc-padding-ctrl-text-side)
var(--smtc-gap-between-content-xx-small)}#serpvidans.vsacf .rmts .mc_bc
ems{display:none}#serpvidans.vsacf a.vsb_tr_t{color:var(--smtc-foreground-content-neutral-primary)}.vsacf
.va_tt .vsb_tr_chd .mc_vtvc_th_dock.rmoverlay{height:36px}.vsacf .va_tt .vsb_tr_chd
.mc_vtvc_th_dock{height:92px;background:linear-gradient(180deg,var(--bing-smtc-background-ctrl-fade-on-i
mage-stop-0) 0%,var(--mai-smtc-background-ctrl-on-image-rest) 100%)}#serpvidans.vsacf .va_tt a.vsb_tr_t{padding:0
0;font:var(--bing-smtc-text-global-body-2-alt-strong)}.vsacf .va_tt .vsb_tr_chd .mc_vtvc
.mc_vtvc_meta,.vsacf .va_tt .vsb_tr_chd .mc_vtvc
.mc_vtvc_title{color:var(--mai-smtc-foreground-ctrl-on-image-rest)}.vsacf
span.vcmt_ctt{font:var(--bing-smtc-text-global-caption2);margin:var(--smtc-gap-between-content-xx-small) 0
0;height:16px}#serpvidans.vsacf .vsb_tr_chd .mc_vtvc_tot .mc_vtvc_title
strong{font-size:14px;line-height:20px;display:unset}#serpvidans.vsacf .va_tt .b_sldrp
.slide:not(:first-child){margin-left:var(--smtc-gap-between-content-small)}#serpvidans.vsacf .va_tt
.vsb_tr_chd .mc_vtvc
.mc_vtvc_title{white-space:normal;display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical}#se
rpvidans.vsacf .b_module_expansion_control .b_btnContainer
.b_CompactExpansion{background-color:var(--bing-smtc-background-ctrl-neutral-rest);display:flex;justify-co
ntent:center;align-items:center;gap:4px;width:fit-content;height:auto;padding:8px 12px}#serpvidans.vsacf
.b_module_expansion_control .b_btnContainer .b_CompactExpansion
.b_CompactExpansionBtnText{font:var(--bing-smtc-text-global-caption1-strong);color:var(--bing-smtc-foregr
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ound-ctrl-neutral-primary-alt-rest))#serpvidans.vsaf .b_module_expansion_control .b_btnContainer
.b_CompactExpansion .b_arrow{display:flex;margin:0;height:auto}#serpvidans.vsaf
.b_module_expansion_control .b_btnContainer .b_CompactExpansion .b_arrow
path#Shape{fill:var(--bing-smtc-foreground-ctrl-neutral-primary-alt-rest)}#serpvidans.vsaf
.b_module_expansion_control
.b_btnContainer::after{content:"";position:absolute;width:100%;bottom:20px;left:0;height:1px;border-radius:
1px;background:var(--smtc-stroke-ctrl-on-neutral-rest)}#b_results
.b_ans.b_vidAns{box-shadow:none;padding:12px 20px 0}#b_results .b_ans.b_vidAns
.vasac{padding:unset;margin:0}#b_results .b_ans.b_vidAns .vsa .b_attribution{padding-bottom:0}#b_results
.b_ans.b_vidAns .cardless .salink{margin:0}#b_results .b_ans.b_vidAns .mmlist
.mc_vtvc{margin-top:10px}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc
.mc_vtvc_meta{display:flex;flex-direction:column;justify-content:space-between;margin:0 10px 4px
12px}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_channel{color:#111}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_row_channel,#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area{color:#666}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area{bottom:0;height:unset}.b_dark .vsa.cardless
.mc_vtvc{background-color:unset}.mmtitle>a{display:block}.mc_fh{height:100%;border-radius:6px}.mc_tc_
bs{overflow:hidden}#mc_cwvc_1770287575714 { width:356px; max-width: 100%; } .mc_vtvc
.mc_vtvc_meta { padding: 16px 16px 16px 16px; } .mc_vtvc .mc_vtvc_meta_w { height: 139px; margin-top:
-0px; } .mc_vtvc .mc_vtvc_title { height: 54px; line-height: 18px; margin-bottom: 18px; margin-top: 0px; }
.mc_vtvc .mc_vtvc_meta_block_area { height: 35px; } .mc_vtvc .vtmu, .mc_vtvc .vtpl { bottom: 147px; }
.mc_vtvc_th_dock { height: 139px; } .mc_vtvc_th .cico { height: 200px; }
.mc_vtvc{background-color:#fff;box-shadow:0 0 0 1px
rgba(0,0,0,.05);line-height:0;margin:0;position:relative;border-radius:6px;overflow:hidden}.mc_vtvc.noshado
w{box-shadow:none}.mc_vtvc_con_rc{border-radius:6px;overflow:hidden;position:relative}.mc_vtvc>a{colo
r:#71777d;display:block;text-decoration:none;width:100%}.mc_vtvc>a:focus::after{outline:2px solid
#00a89d;width:100%;height:100%;content:"";outline-offset:-2px;position:absolute;top:0;left:0}.mc_vtvc_th{ba
ckground-color:#d5d5d5;position:relative}.mc_vtvc_th
.cico{border-radius:0}.mc_vtvc_ban_lo,.mc_vtvc_ban_up{position:absolute;vertical-align:middle}.mc_vtvc_
ban_lo{bottom:0}.mc_vtvc_ban_up{top:0}.mc_vtvc_title{font-weight:normal;margin-bottom:11px;overflow:
hidden;color:#111;height:54px;line-height:18px}.mc_vtvc_title
a{display:inline-block;color:#111}.mc_vtvc_title
a:hover{text-decoration:underline}.mc_vtvc_src_ico{float:left;margin-right:4px}.mc_vtvc_act{height:16px;m
argin-top:-40px;padding:12px
8px;z-index:1}.mc_vtvc_actc{right:16px;bottom:16px;position:absolute;display:inline-block;z-index:1}.mc_v
tvc_act_sep{border-top:1px solid #d5d5d5;height:40px;margin:0 8px}.mc_vtvc_fh
.mc_vtvc_act_sep,.mc_vtvc_fh .mc_vtvc_act{visibility:hidden}#serpvidans
.b_topTitle{margin-bottom:8px}.mc_vtvc_htc{width:100%;height:100%;position:absolute;top:0;bottom:0;left
:0;right:0}.mc_vtvc_htb{width:100%;height:100%;background:rgba(0,0,0,.7);position:absolute;top:0;bottom:
0;left:0;right:0}.mc_vtvc_ht{width:100%;padding:0
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16px;line-height:16px;color:#fff;text-decoration:underline;word-break:break-word;box-sizing:border-box;vertical-align:middle;text-align:center}.mc_vtvc_th_live_b{background-color:#c80000;color:#fff;display:inline-block;padding:2px 8px;font:11px/14px Arial;border-radius:2px;text-transform:uppercase;height:15px;width:26px;position:absolute;left:8px;top:110px}.isvctrl.isv.mc_vtvc_ban_up{left:0;right:initial}.mc_vtvc_ban_lo,.mc_vtvc_ban_up{right:0}.vt_text.b_lRight.b_lLeft{margin:0 0 0 1px;height:14px;line-height:14px;padding:2px 8px;background:rgba(0,0,0,.75);border-radius:2px;font-weight:bold}.mc_vthtb{width:100%;height:100%;background:rgba(0,0,0,.7);position:absolute;top:0;bottom:0;left:0;right:0;display:table}.mc_vtht{width:100%;padding:0 16px;line-height:16px;color:#fff;text-decoration:underline;word-break:break-word;box-sizing:border-box;vertical-align:middle;text-align:center;display:table-cell}.vt_text.b_lRight.b_lLeft{margin:0 0 0 1px;height:14px;line-height:14px;padding:2px 8px;background:rgba(0,0,0,.75);border-radius:2px;font-weight:bold}.emptyStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurpose{top:0}.mc_vtvc_center_play{width:32px;height:32px;background-size:contain;position:absolute;margin:auto;bottom:0;top:0;left:0;right:0;box-shadow:none;border-radius:0}.mc_vtvc_center_play.rmvbg{width:32px;height:32px;background-image:none}.mc_vtvc_htb,.mc_vtvc_ht{display:none}.vt_onhv.mc_vtvc_htb{display:table}.vt_onhv.mc_vtvc_ht{display:table-cell}.mc_vtvc_center_play{display:inline-block}.vt_onhv.mc_vtvc_center_play{display:none}.mc_vtvc.vtmu,.mc_vtvc.vtpl{bottom:163px}.vsarf.mc_vtvc.vtmu,.vsarf.mc_vtvc.vtpl{bottom:122px}.svarh #mmcar .mc_vtvc.vtmu,.svarh #mmcar .mc_vtvc.vtpl{bottom:137px}.svarht #mmcar .mc_vtvc.vtmu,.svarht #mmcar .mc_vtvc.vtpl{top:8px;left:8px}.mc_vtvc_center_play{background-image:url(data:image/svg+xml,%3Csvg%20width%3D%2232%22%20height%3D%2232%22%20viewBox%3D%220%200%2032%2032%22%20fill%3D%22none%22%20xmlns%3D%22http%3A%2F%2F%2F2000%2Fsvg%22%3E%0D%0A%20%20%20%20%3Crect%20width%3D%2232%22%20height%3D%2232%22%20rx%3D%2216%22%20fill%3D%22black%22%20fill-opacity%3D%220.6%22%2F%3E%0D%0A%20%20%20%20%3Cpath%20d%3D%22M14.2354%2010.1923C13.2355%209.62986%2012%2010.3524%2012%2011.4997V20.5C12%2021.6472%2013.2355%2022.3698%2014.2354%2021.8073L22.2356%2017.3073C23.2551%2016.7339%2023.2551%2015.2661%2022.2357%2014.6926L14.2354%2010.1923Z%22%20fill%3D%22white%22%20fill-opacity%3D%220.9%22%2F%3E%0D%0A%3C%2Fsvg%3E)}.mc_vtvc_meta{box-sizing:border-box;display:inline-block;line-height:18px;position:relative;width:100%}.mc_vtvc_meta_block{bottom:0;position:absolute;width:100%}.mc_vtvc_meta_row{line-height:16px;font-size:11px;height:17px;overflow:hidden;text-overflow:ellipsis;white-space:nowrap}.mc_vtvc_meta_row a{display:inline-block}.mc_vtvc_meta_row a:hover{text-decoration:underline}.mc_vtvc_meta_block_area{position:relative}.mc_vtvc_meta_block_area{color:#444}.b_dark.mc_vtvc_meta_block{color:#edebe9}.mc_vtvc_meta_row>:nth-of-type(n+2)::before{content:">"}.mc_vtvc_meta_row .mc_vtvc_meta_row_channel::before{content:">"}.mc_vtvc_kmt_title{line-height:18px;padding-bottom:4px;font-weight:bold;color:#00809d;text-transform:uppercase;font-size:11px}.mc_vtvc_kmt,.mc_vtvc_con_rc.onhov.wkmt.mc_vtvc_meta_row,.mc_vtvc_con_rc.onhov.wkmt.tibc_tt{display:none}.mc_vtvc_con_rc.onhov.wkmt
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.mc_vtvc_title{max-height:18px;margin-bottom:18px;overflow:hidden}.mc_vtvc_con_rc.onhov.mmsts
.mc_vtvc_title{visibility:hidden}.mc_vtvc_con_rc.onhov
.mc_vtvc_kmt{display:block}.mc_vtvc_kmt_content
.b_factrow{line-height:17px;font-size:11px;max-height:34px;overflow:hidden;text-overflow:ellipsis;padding:
0 16px 0 0;color:#444}.mc_vtvc_meta
.mc_vtvc_kmt_title{line-height:18px}.mc_vtvc_title:hover{text-decoration:none}.mc_vtvc_meta_pubdate{co
lor:#444;padding-bottom:3px}.mc_vtvc_meta_channel{color:#444}.mc_vtvc_meta_w,.mc_vplvc_meta_w{po
sition:relative}.mc_vtvc_meta_bg_w,.mc_vplvc_meta_bg_w{height:100%;width:100%;overflow:hidden;posit
ion:absolute;top:0}.mc_vtvc_meta_bg_w .cico,.mc_vplvc_meta_bg_w
.cico{border-radius:0;overflow:visible}.dg_u .mm_vidch_th_c{overflow:visible}.dg_u .mm_vidch_th_bg
img{margin-top:-20px}.emptyStyleForDebuggingPurpose{top:0}.mc_vtvc_meta_w
.mc_vtvc_meta{background:rgba(255,255,255,.75)}.mc_vtvc_meta_bg_w img,.mc_vtvc_meta_bg_w
.mc_vtvc_cb_w{filter:blur(25px);transform:scale(1.2)}body[--video-metadata-channel-color:#3c3c3c]body.b
_dark{--video-metadata-channel-color:unset}.vsarf .mc_vtvc_meta_pubdate{color:unset}.vsarf
.mc_vtvc_meta_channel{color:var(--video-metadata-channel-color)}.vsarf .mc_vtvc .mc_vtvc_meta_w
.mc_vtvc_title,.vsarf .mc_vtvc .mc_vtvc_meta_w .mc_vtvc_title strong{font-weight:bold}.vsarf
.mc_vtvc_meta_w .mc_vtvc_meta_row{font-size:13px}.emptyStyleForDebuggingPurpose{top:0}.vsarf
.mc_vtvc_th
.cico{height:132px}.emptyStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurpose{top:0}.empt
yStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurp
ose{top:0}.emptyStyleForDebuggingPurpose{top:0}.emptyStyleForDebuggingPurpose{top:0}.vtbc
.mv_vtvc_play{display:inline-block;position:absolute;bottom:8px;left:9px;height:8px;width:7px}.vtbc
.mv_vtvc_play_ext{background:url(/rp/Lp38sn_O4jegSK0IHxZVxyp-yKQ.png) -172px
-31px;display:inline-block;height:8px;width:12px;position:absolute;bottom:8px;left:6px}.vtbc
.pivot{height:20px;width:8px;min-width:8px}.vtbc
.mv_vtvc_play{background:url(
MAAADHKvg1AAAIVBMVEX////////////////////9/gMdvAAAACnRSTIMAETNEVWaImbv
uo4D1oAAAAB9JREFUCB1jmMoABKuaQcSqQhCxKgFGgLhNQIkpQAwA8zkLyQA16F0AAAASUVO
RK5CYII=)}.mc_bc_w{height:18px;padding:8px;text-align:right}.mc_bc{background-color:rgba(0,0,0,.75);p
adding:2px
8px;line-height:14px;color:#fff;display:inline-block;vertical-align:middle;border-radius:2px;font-weight:bold}
.mc_bc_w .pivot{text-align:center;margin-right:1px;height:14px}.vsarr .mmgrid .mc_bc_w
.mc_bc{background-color:rgba(0,0,0,.75);opacity:1}.mmsi{height:16px;width:16px;position:relative;top:5px;
padding-right:var(--smtc-gap-between-content-xx-small)}.mmsi-microsoftnews,.mmsi-msn{top:3px}.vrhdata
{display:none}.vrhc line.nhvpv .pffvi,.vrhc line.nhvpv[data-tps="S"] .pffvt,.vrhc line.nhvpv[data-tps="M"]
.pffvt,.vrhc line.nhvpv[data-tps="L"] .pffvt{display:inline-flex}.vrhc line.nhvpv .vrhtc.pffv
.vrhc{display:none}.vrhc line.nhvpv .vrhtc.pffv
.player_ol{background:var(--mai-smtc-background-ctrl-on-image-hover);transition:background-color
.5s;display:flex;align-items:center;justify-content:center;padding:var(--smtc-gap-between-content-x-small);ga
p:var(--smtc-gap-between-content-x-small);box-sizing:border-box}.mc_vtvc_th img{transition:all .3s
ease-out}.nhvpv+.mc_vtvc_th
```

Which description accurately describes electrolytes

```
img{transform:scale(1.1)}.smtplayerhtml5{height:100%;width:100%;overflow:hidden}.smtplayerhtml5
video{min-height:100%;min-width:100%}.smtplayerhtml5
.videoplaying{background-color:#000}.smtplayerhtml5.hide{display:none}.pffvt{display:none;color:var(--ma
i-smtc-foreground-ctrl-on-image-rest);font:var(--bing-smtc-text-global-subtitle2-strong)}.pffvi{mask:url(/rp/ui
07wU6K7FR_inzG7DRbP1i8fGo.svg) center
no-repeat;mask-size:12px;background:var(--bing-smtc-background-card-on-image-default);width:20px;height
:20px;flex-shrink:0;align-self:flex-start}[data-tps="L"]
.pffvt{font:var(--bing-smtc-text-global-subtitle2-strong)}[data-tps="L"]
.pffvi{width:22px;height:22px;mask-size:16px}[data-tps="S"] .pffvt{font-size:0}[data-tps="S"]
.pffvi{width:24px;height:24px;mask-size:24px;align-self:center}.hvpv.h5s
.pffvt{display:inline-flex}.hvpv.h5s .vrhct.pffv .vrhol{display:none}.hvpv.h5s .vrhct.pffv
.player_ol{background:var(--mai-smtc-background-ctrl-on-image-hover);transition:background-color
.5s;display:flex;align-items:center;justify-content:center;padding:var(--smtc-gap-between-content-x-small);ga
p:var(--smtc-gap-between-content-x-small);box-sizing:border-box}.pffvt{text-decoration:underline}.vrhct
.vrhol{position:absolute;width:100%;height:35px;max-height:35px;bottom:0;left:0;padding:0;background:non
e;display:block;z-index:9}.vrhct .vrhol.hide,.vrhct .vrhol
.hide{display:none}.vrhot{white-space:nowrap;text-overflow:ellipsis;overflow:hidden;display:inline-block;po
sition:absolute;max-width:240px;height:18px;line-height:14px;margin-left:8px;top:10px;left:0;right:0;border-
radius:2px;padding-right:8px}.vrhot
div{display:inline-block}.vrhot
nt{color:#fff;font-size:11px;font-weight:bold;background-color:rgba(0,0,0,.75);padding:2px
8px;margin-left:0;top:0;box-sizing:border-box;position:relative}.vrhc
.ricons{position:absolute;right:8px;top:10px;left:auto;bottom:auto;height:18px;display:inline-block;cursor:poi
nter}.vrhol.icons_1 .vrhot{margin-right:27px}.vrhol.icons_2 .vrhot{margin-right:49px}.vrhol.icons_3
.vrhot{margin-right:79px}.vrhol
.vrhot
nt,.vsb_tr_chd .vrhol.icons_1
.vrhot{margin-right:0}.vpb{position:absolute;display:block;bottom:0;left:0;height:4px}.vpb
div{position:absolute}.vpb
nt{width:0;background:#fff}.vpb
nt.test{display:none}.vpb.back{background-color:#999}.vrhct
.vrhol.npb{height:36px;max-height:36px}.vrhol
.vadda{width:22px;height:18px;padding:0;margin-right:0;margin-left:2px;bottom:0;position:relative;display:i
nline-block;z-index:1;background:rgba(0,0,0,.75);border-radius:2px;overflow:hidden}.vrhol
.vadda.hide{display:none}.vrhol .vadda .mc_vfaa{margin:3px 5px}.ricons .vol{float:left}.ricons
.adultFlag{float:right}.vol{width:22px;height:18px;bottom:0;margin-left:1px;margin-right:1px;position:relati
ve;display:inline-block}.vol.hide,.vol
.hide{display:none}.vol
.bg{background:rgba(0,0,0,.75);border-radius:2px}.vol.bg,.vol
nt{position:absolute;bottom:0}.vol
.vol.bg.volnb{border-radius:0 0 2px 2px}.vol .volsliderHandle.bg{border-radius:2px 2px 0 0}.vol nt
.volsliderHandle{height:70px;display:none;width:22px;float:left;bottom:18px;position:absolute;display:block
}.vol
nt .volsliderHandle.hide{display:none}.volsliderHandle
.vsb{height:54px;width:4px;background-color:#999;margin:9px
auto
8px;position:relative;display:block;border-radius:2px}.volsliderHandle
.vsh{height:6px;width:14px;padding:9px
7px
9px
7px;margin:0
-12px;display:block;position:absolute;top:30px}.volsliderHandle .vsh.hide{display:none}.volsliderHandle
```

Which description accurately describes electrolytes

```
.vshi{height:4px;width:14px;background-color:#fff;border-radius:2px}.volMuteIcon{width:16px;height:14px;
margin:2px
4px;float:left}.volMuteHandle{width:22px;height:18px}.vo{background:url(/rp/fFZxBXEIP9WYOO0jhTaEl
yLhEVU.svg)
no-repeat}.vm{background:url(/rp/fsX-ZVd03wB2TL0vmQJxSp4U9vs.svg)
no-repeat}.vl{background:url(/rp/YXYMPC1Rry_XJGc7Yg8lR4B2eEs.svg)
no-repeat}.vf{background:url(/rp/NosrIR4amKTs1zYxWy3laZN3HRk.svg)
no-repeat}@media(forced-colors:active){.vol{forced-color-adjust:none}.vrhc
line
.vt_vp,.vrhc.popout
.vt_vp,.vrhc.mousefollow
.vt_vp{position:absolute;bottom:0;border:hidden;padding:0;top:0;left:0;z-index:3}.vrhc
.hide{display:none}.vrh_clc
.vt_vp,.vrh_clc
.vrhc
.vrhi,.vrh_clc
.player_ol{cursor:pointer}.vrh_clc
.cico{border-radius:0}.vrhc{border:hidden;top:0;left:0;padding:0}.vrhc.mousefollow
.vrhc,.vrhc.popout
.vrhc{background-color:#999}.vrhc.load
.player_ol{background:url(/rp/J_o2maogFDeUOsovPjL-ofEuxJ4.gif)centercenterno-repeat}.vrhc
line
.vrhc
.vrhi,.vrhc.popout
.vrhc
.vrhi,.vrhc.mousefollow
.vrhc
.vrhi{position:absolute!important;border:hidden;z-index:2;padding:0;left:0;top:0}.player_ol{position:absolute
;width:100%;height:100%;bottom:0;border:hidden;z-index:7}.vrhc.popout,.vrhc
line,.vrhc.mousefollow{border-radius:6px;overflow:hidden;display:table-row-group;background:none}.vrhc.p
opout,.vrhc.mousefollow{z-index:4;box-shadow:0 4px 4px rgba(0,0,0,.1),0 2px 80px rgba(0,0,0,.2)}.vrhc
line{z-index:1;margin:0}.vrhc.popout,.vrhc
line{position:absolute;top:0}.vrhc.popout{border:1px
solid
#fff}.vrhc.mousefollow{position:fixed}.vrhc.p{position:relative;top:0;left:0;display:table-row}.vrhc.p
.vrhc{position:relative;overflow:hidden}.vrhc.hide{display:none}@keyframes
vh_fadein{from{opacity:0}to{opacity:1}}.vrhc.not(.hide){animation:vh_fadein
250ms}.vrhc
line
img{color:transparent}.vrhc
line.fullsize{height:100%}.vrhc,.vrhc: hover,.vrhc: link,.vrhc: active,.vrhc: visited{color:#000;text-decoration:no
ne}.vrhc.vrh_clc{cursor:pointer}.a.hover-anchor{display:block;height:100%;width:100%;text-decoration:none
}.vrhstat{height:0;overflow:hidden}.mmlist
.mc_vtvc
.mc_vtvc_meta
{padding:12px 16px 16px 16px;}
.mmlist
.mc_vtvc
.mc_vtvc_meta_w
{height:112px;margin-top:-0px;}
.mmlist
.mc_vtvc
.mc_vtvc_title
{height:44px;line-height:22px;margin-bottom:0px;margin-top:0px;}
.mmlist
.mc_vtvc
.mc_vtvc_meta_block_area
{height:40px;}
.mmlist
.mc_vtvc
.vtmu,
.mmlist
.mc_vtvc
.vtpl
{bottom:120px;}
.mmlist
.mc_vtvc
.th_dock
{height:112px;}
.mmlist
.mc_vtvc
.th
.cico
{height:131px;}
.mmlist
.mc_vtvc
{margin:10px
1px
0}.mmlist
.mc_vtvc
.con_rc
{display:flex}.cardless
.mmlist
.mc_vtvc
.con_rc
{height:112px}.mmlist
.mc_vtvc
.mc_vtvc_meta
{display:flex;flex-direction:column;justify-content:space-between;margin:0
10px
4px
12px;padding:0}.mmlist
.mc_vtvc
.title
{font-weight:400;font-size:16px;height:44px;line-height:22px;margin-bottom:0;margin-top:0;c
olor:unset}.mmlist
.mc_vtvc
.meta_row
{font-size:13px}.mmlist
.mc_vtvc
.mc_vtvc
.meta_block_area
{height:unset}.mmlist
.mc_vtvc
.vtmu,
.mmlist
.mc_vtvc
.vtpl
{bottom:8px}.cardless
.mmlist
.mc_vtvc
{box-shadow:none}.cardless.mmlist
.mc_vtvc
.center_play
{width:32px;height:32px}.cardless.mmlist
.mc_vtvc
.title
{font-size:16px;color:unset}.cardless.mmlist
.mc_vtvc
.meta_row
{line-height:20px}.cardless.mmlist
```

Which description accurately describes electrolytes

.mc_vtvc_meta_pubdate{padding-bottom:2px;color:#666}.cardless.mmlist .mc_vtvc_th,.cardless.mmlist
.mc_vtvc_th .cico,.cardless.mmlist .mc_vtvc_th div.rms_img{border-radius:6px}.cardless.mmlist
.mc_vtvc_th{height:111px}.cardless.mmlist
.mc_vtvc_htc{border-radius:6px;overflow:hidden}#serpvidans.vasac.cardless{box-shadow:none}.cardless.m
mmlist .mc_bc{padding:2px 8px;line-height:14px;border-radius:2px;font-weight:normal}.mmlist
.mc_vtvc: hover
.mc_vtvc_title{text-decoration:underline}.mmgrid>div{width:197px;display:inline-block;margin-right:8px;m
argin-bottom:8px;box-shadow:0 0 0 1px
rgba(0,0,0,.05);position:relative;vertical-align:top;overflow:hidden;white-space:normal;border-radius:6px}.vs
arr .mmgrid>div,.vsarr1stbig .mmgrid>div{margin-right:8px;margin-bottom:8px}#serpvidansrr .mc_vtvc
.mc_vtvc_meta{height:auto}#serpvidansrr .mc_vtvc
.mc_vtvc_title{display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical}.mmgrid
.mc_tc{border:0}.vsa .mmgrid>div:nth-child(3n){margin-right:0}.vsa
.b_moreLink{padding-top:4px}#serpvidansrr
.mc_vtvc_meta_row{line-height:18px;font-size:100%;height:17px}.vsarr
.mmgrid>div:nth-child(2n){margin-right:0}#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{bottom:128px}.vsarr1stbig .mmgrid>div:nth-child(2){margin-right:0}#serpvidansrr.uipolish
.mc_vtvc_meta_pubdate,#serpvidansrr.uipolish .mc_vtvc_meta_channel,#serpvidansrr.uipolish #vidans2
.b_videocard .video_metadata .video_source{color:#767676}#serpvidansrr #vidans2 .b_videocard
.video_metadata_container,#serpvidansrr #vidans2 .b_videocard .video_metadata_container
.video_metadata>h3{width:100%}@media(max-width:1362.9px){#serpvidansrr
.mmgrid>div{width:168px;height:206px}#serpvidansrr .mmgrid>div .cico,#serpvidansrr .mmgrid>div .cico
.rms_img{width:168px;height:100px}#serpvidansrr .mc_vtvc .mc_vtvc_meta{padding:12px}#serpvidansrr
.mc_vtvc .mc_vtvc_title{height:32px;line-height:16px;margin-bottom:16px}#serpvidansrr .mc_vtvc
.mc_vtvc_meta_block_area{height:34px}#serpvidansrr
.mc_vtvc_meta_row{line-height:15px;font-size:13px;height:15px}#serpvidansrr
.mc_vtvc_meta_pubdate{padding-bottom:4px}#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{bottom:114px}#serpvidansrr #vidans2 .b_videocard .videoPlayer,#serpvidansrr #vidans2 .b_videocard
.videoPlayer .cico,#serpvidansrr #vidans2 .b_videocard .videoPlayer .cico
.rms_img{width:343px!important;height:194px!important;margin-right:0}@media(max-width:1274.9px){#s
erpvidansrr .mmgrid>div{width:124px;height:164px}#serpvidansrr .mmgrid>div .cico,#serpvidansrr
.mmgrid>div .cico .rms_img{width:124px;height:76px}#serpvidansrr .mc_vtvc
.mc_vtvc_meta{padding:8px}#serpvidansrr .mc_vtvc
.mc_vtvc_title{height:32px;line-height:16px;margin-bottom:12px}#serpvidansrr .mc_vtvc
.mc_vtvc_meta_block_area{height:28px}#serpvidansrr
.mc_vtvc_meta_row{line-height:13px;font-size:11px;height:13px}#serpvidansrr
.mc_vtvc_meta_pubdate{padding-bottom:2px}#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{bottom:96px}#serpvidansrr #vidans2 .b_videocard .videoPlayer,#serpvidansrr #vidans2 .b_videocard
.videoPlayer .cico,#serpvidansrr #vidans2 .b_videocard .videoPlayer .cico
.rms_img{width:256px!important;height:144px!important;margin-right:0}#serpvidansrr .maskthumb
.mc_bc_w{padding:8px 4px 4px 8px}#serpvidansrr.withsplitline

Which description accurately describes electrolytes

```
.mmgrid>div:nth-last-child(1),#serpvidansrr.withsplitline
.mmgrid>div:nth-last-child(2){margin-bottom:24px}#serpvidansrr.withsplitline .mmgrid{border-bottom:1px
solid #ecec;#margin-bottom:16px}#serpvidansrr #vidans2 .b_videocard
.video_metadata{max-width:auto;padding:12px 16px}#serpvidansrr #vidans2
.b_videocard{margin-bottom:12px;box-shadow:0 0 1px rgba(0,0,0,.05),0 2px 3px
rgba(0,0,0,.1);border-radius:6px}#serpvidansrr .b_rich{padding-top:0}#serpvidansrr #vidans2
.videoPlayer{border-radius:6px 6px 0 0;overflow:hidden}#serpvidansrr #vidans2 .b_videocard
.video_metadata>h3{white-space:nowrap;overflow:hidden;text-overflow:ellipsis;-webkit-line-clamp:1;line-he
ight:15px;height:15px;font-size:13px;color:#000;margin-bottom:20px;font-family:"Arial",Helvetica,Sans-Seri
f;font-style:normal;display:block}#serpvidansrr.vsarr1stbig #vidans2 .b_videocard .video_metadata
.actionmenu{display:none}#serpvidansrr #vidans2 .b_videocard .video_summary,#serpvidansrr #vidans2
.b_videocard .video_source{line-height:15px}#serpvidansrr #vidans2 .b_videocard .videoPlayer
.vtbc{right:0}Videos of Which Description Accurately Describes ElectrolytesWatch video9:55Electrolytes:
Definition, Examples, & Practice Wayne Breslyn (Dr. B.)47.7K viewsApr 4, 2021Watch full videoWatch
video10:13Identifying Strong Electrolytes, Weak Electrolytes, and Nonelectrolytes - Chemistry Examples The
Organic Chemistry Tutor731K viewsAug 13, 2017Watch video23:14Electrolytes in the ECF and ICF -
Sodium, Potassium, Chloride, Calcium, HCO3 - Homeostasis Medicosis Perfectionalis143.2K viewsJan 2,
2019Watch video2:36What Are Electrolytes? Cleveland Clinic8.8K views11 months agoWatch full
videoPearsonWhich of the following best describes electrolytes? - PearsonConclude with the correct answer:
The best description of electrolytes is "Electrically charged ions dissolved in body fluids," as it accurately
captures their chemical and physiological properties.
```

Terms in this set (71) Which description accurately describes electrolytes? a. Small lipid-soluble molecules b. Micronutrients used to produce ATP c. Large protein molecules d. Electrically charged ...

Which description accurately describes electrolytes? A) Small lipid-soluble molecules B) Large protein molecules C) Micronutrients used to produce ATP D) Electrically charged molecules

Conclude with the correct answer: The best description of electrolytes is "Electrically charged ions dissolved in body fluids," as it accurately captures their chemical and physiological properties.

All living organisms are composed of cells, from just one (unicellular) to many trillions (multicellular). Which description accurately describes electrolytes? Micronutrients used to produce ATP Small lipid ...

Electrolytes are minerals in your blood and body fluids that carry an electric charge. They are essential for many processes in your body, including maintaining fluid balance, supporting nerve ...

An electrolyte is a solute that dissociates into charged molecules (ions) when the solute is placed in water. This is the correct definition of an electrolyte. For example, sodium chloride (table ...

Electrolytes are minerals in your blood and other body fluids that carry an electric charge.

Which description accurately describes electrolytes

I'll work through this problem step by step to identify the correct description of electrolytes. El... View the full answer Previous question Next question

"Electrolyte" is the umbrella term for particles that carry a positive or negative electric charge. In nutrition, the term refers to essential minerals in your blood, sweat, and urine. When these...

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