

# ELECTROLYTE LEVELS REFERENCE

ELECTROLYTE	REFERENCE RANGE	KEY FUNCTIONS
<b>Sodium</b> (Na <sup>+</sup> )	135 - 145 mEq/L	Fluid balance, nerve signaling, muscle contraction.
<b>Potassium</b> (K <sup>+</sup> )	3.5 - 5.0 mEq/L	Heart rhythm, cellular metabolism, nerve impulses.
<b>Chloride</b> (Cl <sup>-</sup> )	98 - 107 mEq/L	Fluid balance, osmotic pressure, acid-base balance.
<b>Bicarbonate</b> (HCO <sub>3</sub> <sup>-</sup> )	22 - 28 mEq/L	Maintains pH balance in the blood.
<b>Calcium</b> (Ca <sup>2+</sup> )	8.5 - 10.5 mg/dL	Bone health, blood clotting, neurotransmission.
<b>Magnesium</b> (Mg <sup>2+</sup> )	1.7 - 2.2 mg/dL	Enzyme activation, muscle and nerve function.
<b>Phosphate</b> (PO <sub>4</sub> <sup>3-</sup> )	2.5 - 4.5 mg/dL	Bone mineralization, energy storage (ATP).

**Note:** Reference ranges may vary slightly between different laboratories. This chart is for educational reference purposes only.

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