

# Electrolyte Functions and Normal Laboratory Values

m

## Sodium

- controls extracellular fluid volume
- helps impact blood pressure
- facilitates muscle function
- facilitates nerve function

**135-145**  
mmol/L

## Calcium

- essential for health of bones and teeth
- contributes to blood clotting
- facilitates muscle function
- facilitates transmission of nerve impulses

**3.6-5.5**  
mg/dl

## Potassium

- regulates heart and blood pressure
- helps balance electrolytes
- facilitates transmission of nerve impulses
- facilitates muscle contraction

**8.8-10.7**  
mmol/L

## Magnesium

- regulates blood glucose levels
- regulates heart rhythm
- facilitates the production of RNA & DNA
- facilitates nerve and muscle function

**1.46-2.68**  
mg/dl

## Chloride

- essential for digestion
- helps balance electrolytes
- maintains acid-base balance

**96-106**  
mmol/L

## Bicarbonate

- maintains a healthy pH
- regulates heart function

**23-30**  
mmol/L

## Phosphorus

- essential for health of bones and teeth
- facilitates ATP production
- facilitates muscle function
- facilitates nerve function

**3.4-4.5**  
mg/dl