

ELECTROLYTE

Meaning: Electrolyte: A substance that conducts electricity when dissolved in water, typically consisting of ions that help regulate hydration and maintain bodily functions, especially during physical activity.

1. Electrolyte balance is crucial for maintaining proper hydration during intense physical activity.
2. Many sports drinks are formulated with electrolytes to help replenish lost minerals after exercise.
3. The body relies on electrolytes to regulate nerve function and muscle contraction.
4. Dehydration can lead to an imbalance of electrolytes, which may cause symptoms like dizziness and fatigue.
5. Eating a diet rich in fruits and vegetables can help ensure adequate electrolyte intake.

Source: sentences.whatistheurl.com

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