

SODIO

Meaning: Sodio is the Spanish term for sodium, an essential mineral important for fluid balance and electrolyte replenishment in the body.

1. Sodio is an essential mineral that plays a crucial role in maintaining fluid balance in the body.
2. Many sports drinks are formulated with sodium to help replenish electrolytes lost during intense exercise.
3. A low-sodium diet can significantly benefit individuals with hypertension or other heart-related issues.
4. In cooking, the use of sea salt can enhance the flavor of dishes due to its sodium content.
5. Sodium levels can be influenced by factors such as diet, hydration, and certain medical conditions.

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