In this chapter electrolytes will be explained before further details about the 4 electrolyte micronutrients are provided. Then, hypertension will be discussed, along with the impact of these micronutrients on the condition. Finally, Dietary Reference Intakes (DRIs) will be discussed so that you have an understanding of these values that are used as benchmarks of micronutrient intake.

Subsections:

12.1 Electrolytes
12.2 Sodium
12.3 Chloride
12.4 Potassium
12.5 Magnesium
12.6 Hypertension, Salt-Sensitivity, & the DASH Diet
12.7 Dietary Reference Intakes (DRIs)