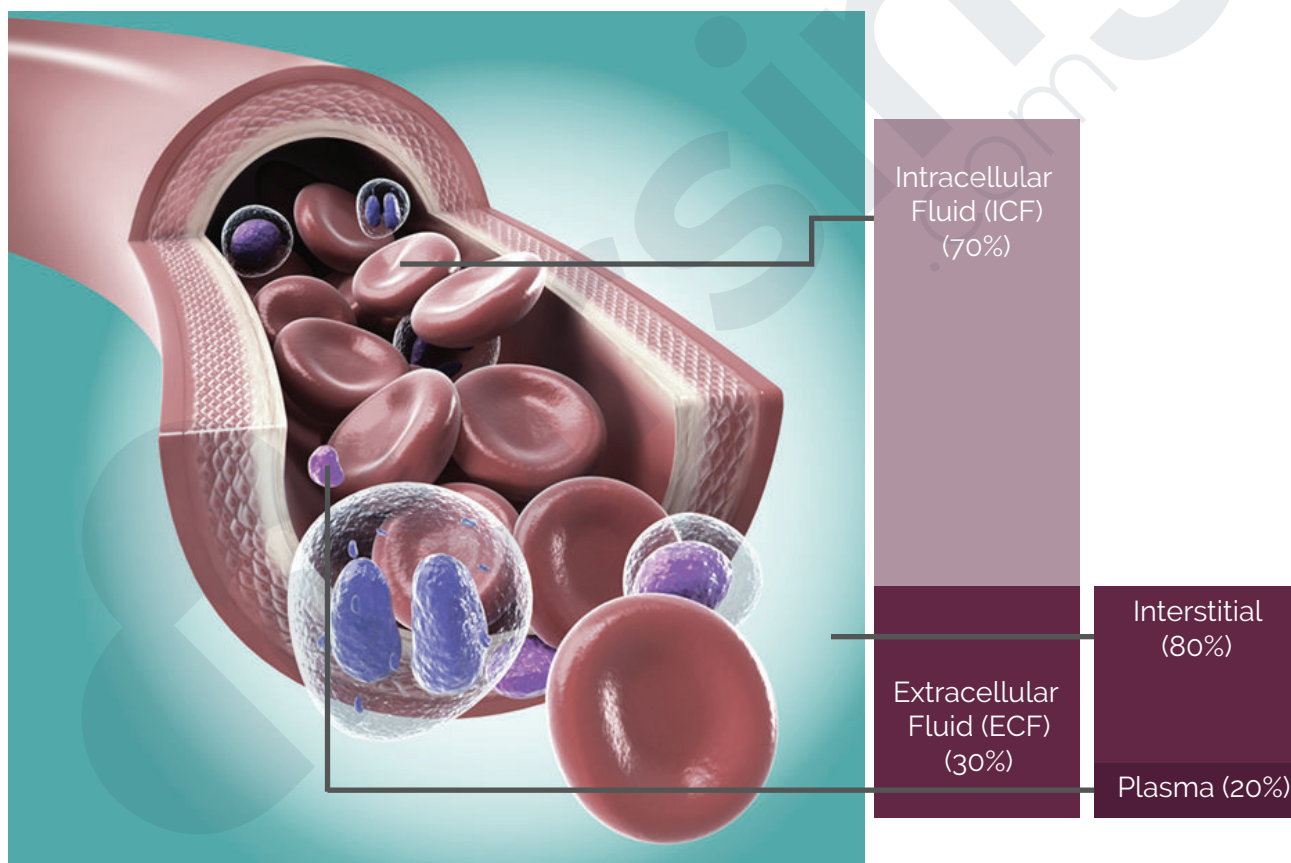


# FLUIDS AND ELECTROLYTES

Total body mass for adults is made up of 55-60% fluids. All fluids within the body contain electrolytes. Electrolytes are electrically charged ions dissolved in the fluid. Each body compartment has a specific % of fluids and electrolytes. To function properly these % must be maintained.

<b>Intracellular</b>	All fluid inside the cells. Makes up 70% of body fluids.
<b>Intravascular</b>	Fluid inside the blood vessels. Makes 20% of ECF.
<b>Extracellular</b>	All fluid outside the cells. Makes up 30% of body fluids.



## Major Body Electrolytes

<b>Na<sup>+</sup></b>	135-145: fluid regulation, neuronal and nerve signals	<b>Mg<sup>++</sup></b>	1.7-2.2: muscles, nerve function, bones
<b>Cl<sup>-</sup></b>	96-106: acid-base balance, fluid regulation	<b>Ca<sup>++</sup></b>	8.5-10.2: teeth, bones, clotting, heart
<b>K<sup>+</sup></b>	3.5-5.0: heart, kidneys, nerves, digestive	<b>HCO<sub>3</sub><sup>-</sup></b>	22-26: acid-base balance