

potassium lewis dot structure

AI generated article from Bing

Potassium: Sources, Deficiencies, Overdose, Treatment & More

Too little potassium can lead to serious health consequences, but too much can also cause temporary or long-term health problems. Learn how potassium affects your health.

Potassium: Benefits & Side Effects

Potassium is an essential mineral that acts as an electrolyte. It helps your muscles contract, balances fluid in your body and helps offset sodium.

Potassium - Wikipedia

In the periodic table, potassium is one of the alkali metals, all of which have a single valence electron in the outer electron shell, which is easily removed to create an ion with a positive charge (which combines with anions to form salts). In nature, potassium occurs only in ionic salts.

Potassium: Overview, Uses, Side Effects, Precautions ... - WebMD

Potassium is a mineral that is important for many body functions. Food sources include fruits, cereals, beans, milk, and vegetables. Potassium plays a role in the transmission of nerve signals,...

Potassium - The Nutrition Source

Potassium is an essential mineral that is needed by all tissues in the body. It is sometimes referred to as an electrolyte because it carries a small electrical charge that activates various cell and nerve functions. Potassium is found naturally in many foods and as a supplement.

Potassium Intake: How Much You Need and Where To Get It - Health

Potassium is a mineral that supports heart health, kidney function, and muscle contraction. High-potassium foods include bananas and sweet potatoes.

Potassium | Definition, Properties, & Reactions | Britannica

potassium (K), chemical element of Group 1 (Ia) of the periodic table, the alkali metal group, indispensable for both plant and animal life.

Potassium Uses, Side Effects & Interactions - Drugs.com

Potassium information from Drugs.com, includes potassium side effects, interactions and indications.

Potassium: Health benefits and recommended intake

Potassium is one of seven essential macrominerals. It helps maintain fluid levels in the body and supports the functioning of the kidneys, heart, muscles, and nervous system.

Potassium - Health Encyclopedia - University of Rochester Medical Center

Potassium levels are controlled in the kidneys by a hormone called aldosterone. Foods high in potassium may help manage high blood pressure (hypertension). A diet full of fruits, vegetables, high-potassium foods, and low-fat dairy foods has been shown to lower blood pressure and calcium excretion.