

# sodium chloride crystal lattice

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## **Sodium - Minecraft Mod - Modrinth**

Sodium is a powerful optimization mod for the Minecraft client, which greatly improves frame rates and micro-stutter, while fixing many graphical issues in Minecraft. Unlike other rendering-focused mods, it boasts wide compatibility with the wider modding ecosystem.

## **Sodium - Wikipedia**

It is a soft, silvery-white, highly reactive metal. Sodium is an alkali metal, being in group 1 of the periodic table. Its only stable isotope is <sup>23</sup>Na. The free metal does not occur in nature and must be prepared from compounds.

## **Sodium Levels in Blood: Symptoms of Low Sodium, Test & Results - WebMD**

Maintaining proper sodium levels in your blood is critical to health. Learn about the symptoms of low sodium, sodium blood tests, and normal sodium levels.

## **Sodium | Facts, Uses, & Properties | Britannica**

sodium (Na), chemical element of the alkali metal group (Group 1 [Ia]) of the periodic table. Sodium is a very soft silvery-white metal. Sodium is the most common alkali metal and the sixth most abundant element on Earth, comprising 2.8 percent of Earth's crust.

## **Sodium - Element information, properties and uses | Periodic Table**

Sodium is essential to all living things, and humans have known this since prehistoric times. Our bodies contain about 100 grams, but we are constantly losing sodium in different ways so we need to replace it.

## **About Sodium and Health | Salt | CDC**

Your body needs a small amount of sodium to work properly, but too much sodium is bad for your health. While sodium has many forms, most sodium we consume is from salt.

## **Sodium: Benefits, Risks, and Sources Explained - Health**

Sodium is a mineral that helps regulate blood pressure and nerve function. Most people get more sodium than they need, which may increase the risk of heart disease.

## **Sodium and Your Body: Benefits, Risks, and Daily Limits**

Table salt accounts for 90% of the sodium in the U.S. diet. Sodium helps balance fluid and electrolyte levels in the body. This balance can affect blood pressure and kidney and heart health.

### **Sodium: How to tame your salt habit - Mayo Clinic**

Find out how much sodium you need and learn how getting too much might affect your health. Are you getting more sodium than health experts suggest is wise? If so, it could lead to serious health problems. Sodium is a mineral. You can find it naturally in food, such as celery or milk.

### **Periodic Table of Elements: Los Alamos National Laboratory**

Sodium is the fourth most abundant element on earth, comprising about 2.6% of the earth's crust; it is the most abundant of the alkali group of metals. It is now obtained commercially by the electrolysis of absolutely dry fused sodium chloride.