

# Chloride Overview

## Why We Need It?

Chloride is an essential electrolyte that helps maintain fluid balance, supports digestion, and plays a crucial role in nerve function. It is commonly consumed as sodium chloride (table salt) and works alongside sodium and potassium to regulate hydration and pH levels.

## Functions in the Body

Fluid Balance: Helps regulate water distribution inside and outside cells.

Acid-Base Balance: Maintains pH balance in the blood and body fluids.

Digestion: A key component of stomach acid (hydrochloric acid), aiding in food breakdown.

Nerve Function: Works with sodium and potassium for proper nerve signal transmission.

Blood Pressure Regulation: Supports cardiovascular health by balancing electrolytes.

## Daily Recommended Intake (RDI):

Infants (0-6 months): 0.18 g/day

Children (1-3 years): 1.5 g/day

Children (4-8 years): 1.9 g/day

Adolescents (9-18 years): 2.3 g/day

Adults (19-50 years): 2.3 g/day

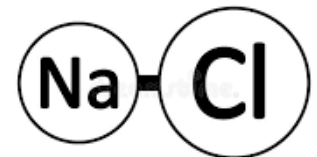
Older Adults (51+ years): 2.0 g/day

Pregnant & Lactating Women: 2.3 g/day

Upper Limit (UL): No specific limit, but excessive intake (usually through salt) may lead to high blood pressure.

## Benefits of Supplementation

- Helps maintain proper hydration and electrolyte balance.
- Supports digestion by aiding stomach acid production.
- Prevents dehydration and muscle cramps, especially in athletes.
- Assists in nerve signaling and muscle contraction.
- Aids in maintaining normal blood pressure and kidney function.



## Most Bioavailable Form

Sodium Chloride (Table Salt): The most common form found in diets.

Potassium Chloride: Used as a salt substitute, supports heart health.

Magnesium Chloride: Absorbed easily and provides magnesium benefits.

Calcium Chloride: Used in food processing and supports calcium intake.

## Best Food Sources

Salted Foods: Table salt, sea salt, Himalayan salt.

Vegetables: Celery, seaweed, tomatoes, lettuce.

Dairy Products: Cheese, milk.

Processed & Fermented Foods: Pickles, olives, canned soups.

Protein Sources: Fish, eggs, meat.

## Conclusion

Chloride is a vital electrolyte that supports hydration, digestion, and nerve function. While most people get enough through dietary salt, those who sweat excessively or follow low-sodium diets may need to monitor their intake. Maintaining a balanced electrolyte intake is key to overall health.