

Potassium

What is the Potassium?

It is one of the most important minerals found in most food, and it is also called electrolyte due to its role in the body. Potassium it is not manufactured in the body, so the source is food and supplement.

It's important to check for range of essential body function, example maintain normal level of fluid inside our cells (water balance), PH balance, muscle contraction, nerve impulse, support normal pressure and digestion.

Deficiency of potassium in diet can cause health issues and also excess potassium diet is also not recommended.

Healthy kidney function keeps the normal potassium level in the body.

Food source:

Dry fruits, Bean, lentils, potatoes, broccoli, avocado, cantaloup, tomato, winter squash, spinach, orange, banana, dates, coconut water, yogurt and milk.

The recommended intake amount:

For men 14-18 years old 3000 mg daily, men aged 19 above is 3400 mg.

For women 14-18 years old 2300 mg daily, women aged 19 above 2600 mg, for pregnant and lactating is 2500-2900 mg daily depend on the age.

Potassium deficiency:

Acknowledged condition can lead to potassium deficiency or Hypokalemia such as:

- Kidney disease
- Magnesium deficiency
- Excessive sweating, diarrhea, and vomiting
- Use antibiotics such as penicillin

Potassium toxicity:

Acknowledged condition can lead to potassium overdose or Hyperkalemia such as:

- Kidney disease
- Diabetes
- Chemotherapy
- Some medication like supplement
- Sever burns