



SODIUM

Na

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22.990

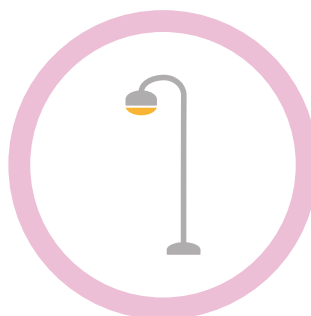


SALT



Sodium chloride is the most common sodium compound, used to season food and to de-ice roads.

STREETLIGHTS



Sodium-vapour lamps give streetlights their yellow glow (though they are being replaced by LEDs).

IN OUR BODIES



Your body needs sodium for your muscles and nerves to work, and to regulate water levels.