

# #11



## SODIUM

# Na

11

22.990

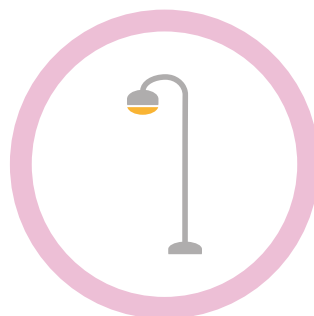


### SALT



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.