

Sodium [lactate](#) is the sodium salt of lactic acid, and has a mild saline taste. It is produced by fermentation of a sugar source, such as corn or beets, and then, by neutralizing the resulting lactic acid to create a compound having the formula  $\text{NaC}_3\text{H}_5\text{O}_3$

As a food additive, sodium lactate has the E number E325 and is naturally a liquid product, but also is available in powder form. It acts as a preservative, acidity regulator, and bulking agent.

Sodium lactate is sometimes used in shampoo products and other similar items such as liquid soaps as it is an effective humectant and moisturizer.

Sodium lactate is used to treat arrhythmias caused by overdosing of class I antiarrhythmics, as well as pressor sympathomimetics which can cause hypertension.

It also can be given intravenously as a source of bicarbonate for preventing or controlling mild to moderate metabolic acidosis in patients with restricted oral intake (for sodium bicarbonate) whose oxidative processes are not seriously impaired. However, the use in lactic acidosis is contraindicated. It can cause panic attacks in patients with existing panic disorder.

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see [Hypertonic Sodium Lactate](#)

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