



Heart Palpitations due to Supplements Deficiency

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Description

Palpitations (pal-pih-TAY-shuns) is a feeling of rapid, fluttering, or pounding heartbeats. In most cases, palpitations are harmless and go away on their own. However, in some cases, there may be a medical reason behind them called an arrhythmia (irregular heart rhythm). Although palpitations are common, you may feel anxious and scared.

Folate

Not getting enough folate (also called folic acid or vitamin B9) can lead to anaemia, according to the National Institutes of Health's Office of Dietary Supplements (ODS). Anaemia, in turn, can cause rapid heartbeat. Other symptoms of folate deficiency may include:

- Fatigue
- Shortness of breath
- Weakness
- Headache
- Irritability
- Difficulty concentrating

Vitamin B12

Another vitamin deficiency that can lead to heart palpitations is vitamin B12. Similar to a folate deficiency, a lack of vitamin B12 can lead to anaemia and thereby result in heart palpitations, per the ODS.

Vitamin D

Vitamin D is another supplement that can cause heart palpitations when taken in large amounts. Indeed, a March 2018 review found that excess vitamin D in your system was linked to an increased risk of atrial fibrillation, a condition that causes an irregular and often rapid heartbeat. According to the Mayo Clinic, taking doses of 60,000 international units each day for several months can lead to this toxicity, although researchers involved in the circulation study noted that more research is needed to better define a safe upper limit of vitamin D.

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Calcium

Too much calcium in the blood, a condition called hypercalcemia, can sometimes lead to an increased heart rate, according to the Mayo Clinic. However, palpitations or irregular heartbeats are very rare and result from severe hypercalcemia.

According to the Mayo Clinic, hypercalcemia can develop if you take large doses of vitamin D or calcium supplements, become severely dehydrated, don't move for long periods of time, or as a side effect of medications. It can also be caused by an underlying medical condition such as:

- Hyperparathyroidism
- Cancer
- Sarcoidosis
- Tuberculosis
- A rare genetic disorder called familial hypocalciuric hypercalcemia

L-Lysine

L-lysine is an amino acid that helps your body absorb calcium and produce collagen, according to Mount Sinai. But not getting enough l-lysine can indirectly cause a fast heart rate: The deficiency can also lead to anaemia, which can cause symptoms like an irregular heartbeat, according to the Mayo Clinic. It can also cause symptoms such as:

- Fatigue
- Nausea
- Dizziness
- Loss of appetite
- Agitation
- Bloodshot eyes
- Slow growth

Potassium

Potassium is another supplement that can cause heart

palpitations. It's an important mineral and electrolyte that helps your heartbeat stay steady, according to Harvard Health Publishing.

But not getting enough of the nutrient can lead to a condition called hypokalaemia, which in severe cases can cause heart problems such as fast heartbeats and arrhythmias, according to the ODS. Other symptoms of hypokalaemia to look out for include:

- Muscle weakness
- Paralysis
- Burning or prickling feeling in your arms and legs

On the other hand, too much potassium in your system a condition called hyperkalaemia can lead to similar issues

according to the American Heart Association (AHA). In severe cases, it can lead to cardiac arrhythmia. People with kidney problems, heart problems, and diabetes, and those who take certain medications (such as blood pressure medications) are at increased risk for this health problem. According to the AHA, other symptoms may include:

- Nausea
- Diarrhoea
- Abdominal cramping
- Slow, weak or irregular pulse
- Muscle weakness
- Numbness