Potassium is one of the important components that comprise tear film. Tear film includes electrolytes, one of which is potassium.

**Healthy Tears**

- A complex mixture of proteins, mucin, and electrolytes
  - Antimicrobial proteins: Lysozyme, lactoferrin
  - Growth factors & suppressors of inflammation: EGF, IL-1RA
  - Soluble mucin 5AC secreted by goblet cells for viscosity
  - Electrolytes for proper osmolarity

Potassium appears to be one of the most important of these electrolytes in tear film. Researchers have found that lower levels of potassium negatively affect tear film break-up time and also are integral to the maintenance of corneal epithelium.

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