

1.POTASSIUM:

Deficiency: hypophosphatemia,muscle weakness

Toxicity: hyperkalemia

2.CALCIUM:

Deficiency: osteoporosis and bone fractures, rickets, convulsion

Toxicity: irregular heart beat,loss of appetite, nausea, hypercalcemia

3.MAGNESIUM:

Deficiency:muscle spasms, tetany, seizures

Toxicity: heart problem and difficulty in breathing

4.CHLORIDE:

Deficiency:vomiting and diarrhea

Toxicity:None

5.IRON

Deficiency:microcytic anaemia

Toxicity:diabetes, heart disease and cancer.